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## YOU'VE GOT CALCULATORS — NOW WHAT?

TAKE A CRASH COURSE ON HALIFAX WITH METRO'S STUDENT GUIDE **INSIDE**



## The Afterlife of Stars: Excerpt

All this week, Metro brings you the first chapter of Joseph Kertes' new book

**PAGES 18-19**

## Wait, you're paying me how?

Some workers are opting to be paid in Bitcoin

**PAGE 11**



## TAKING A STAND

Union members and their supporters march up Spring Garden Road on Monday as part of Labour Day in Halifax. Hundreds of people came out for the rally; many of whom are angry over recent labour decisions by the governing Liberals in Nova Scotia. See the story on page 3. **JEFF HARPER/METRO**

# Stabbing death, two shootings on long weekend

**Crime.** Police kept busy investigating violent incidents



**KRISTEN LIPSCOMBE**  
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Halifax police were kept busy over the long weekend with stabbings, shootings and one death.

The most serious crime occurred Friday night, when 28-year-old Daniel Michael Pellerin of Dartmouth died from stab wounds, police said. Officers found him at 10:30 p.m. unconscious in the parking lot of Farrell Hall at 276 Windmill Rd.

Witnesses told investigators they saw three men fighting, according to police, but Halifax Regional Police spokesman Const. Pierre Bourdages

said, "We can't say at this point whether Daniel knew these people or not."

"There are lots of questions, but not many answers," he said.

Pellerin was last seen at about 7 p.m. Friday in north-end Dartmouth riding a mountain bike. Witnesses described the suspects, who were seen running northbound on Windmill Road, as white men wearing dark clothing, police said.

Earlier Friday in Dartmouth, a man in his early 30s was stabbed during a fight between two groups on Wyse Road, according to police. The victim suffered non-life-threatening injuries.

On Sunday, a man in Dartmouth delivering pizza at 2 a.m. on Jamieson Street was shot once in the buttocks, HRP said, adding investigators believe robbery was the motive. The victim went to hospital with



**The scene of Friday's homicide.**  
**BRAEDON CLARK/FOR METRO**

non-life-threatening injuries. Shots also rang out late Sunday night, this time on the Halifax side of the harbour, police said.

Shortly before midnight, officers responded to a report of gunshots fired on Hartlen Avenue in Spryfield, where they found a car damaged by a bullet. Officers found another car damaged, not by bullets, and nobody was injured. Witnesses heard a vehicle leaving shortly after the gun shots, police said, adding they don't believe it was a random crime. **WITH FILES FROM**

**BRAEDON CLARK/FOR METRO**



# New backpack. New life.

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## FIVE THINGS YOU NEED TO KNOW TODAY

1

## TRIAL STARTS

The murder trial of Andre Denny begins Tuesday morning in Halifax. Denny is charged with second-degree murder in the 2012 beating death of gay rights activist Raymond Taavel. **METRO**

2

## FRINGE FEST

The Atlantic Fringe Festival continues in Halifax with a number of performances Tuesday. The popular festival runs through Sunday; full details at atlanticfringe.ca. **METRO**

3

## NO HOMEWORK

Smart idea? A Quebec elementary school has banned homework in classes from Grade 1 to 6 to see if it will help improve scholastic outcomes. **THE CANADIAN PRESS**

4

## 'SEX GECKOS'

No E.T. geckos, yet. Russia's space agency said its five "sex geckos" — sent into space for a study on weightlessness and sexual behaviour — died along their voyage. **METRO**

5

## ITUNES FEST

The iTunes Festival has now started, with a different live concert each day of the month. Beck is the headliner today. For more info, visit itunesfestival.com. **METRO**

## Jumping into another school year

**Kids back in the halls.** More than 32,000 students are flocking to Halifax's six universities this week



**HALEY RYAN**  
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More than 32,000 students from the city's six universities have arrived or are on their way this week for the start of the school year, bringing their energy and a boost to the Halifax economy.

Michaela Sam, a 20-year-old fourth-year King's College University student from Vancouver, said it's great to see the city fill with young people in September.

"You can walk down the street and see people all the time that you know — it's neat," Sam said.

First-year student Jenna Mullins said a new medical science course prompted her to move from New Glasgow to attend Dalhousie University.

"[Halifax] has a much more open and diverse atmosphere," she said.

Sandrinette Maniamia, 29, came from Ottawa for the Bachelor of Journalism program at King's and said the city seems "nice and quiet."

"There's still a lot of nature

## Quoted

"It's a beautiful city."

Sandrinette Maniamia

and the houses look kind of old which is a nice thing," she said. "They've kind of kept the culture."

Halifax is home to Dalhousie, King's College, Saint Mary's University, NSCAD University, Mount Saint Vincent University and the Atlantic School of Theology.

The increase in population translates to \$156 million a year in off-campus spending on accommodation, food and other commodities, according to data from the Association of Atlantic Universities.

Sam said she would love to stay and work in Halifax, but will likely leave after this year because there are few jobs and supports.

"Having the (Nova Scotia) government put more funding into post-secondary education ... creating jobs so we have less debt when we graduate, that would be huge," Sam said.

For those new to the city, Sam said there's lots of ways to get involved both on and off campus and now is the time to appreciate where you are.

"You're never going to be in a place again that has this many opportunities, and this many people that care about you as much as they do."



Daniel Maguire exits a dunk tank after getting dunked as part of Dalhousie Olympics during frosh week on Monday at Wickwire Field. JEFF HARPER/METRO

## Four die in vehicle crashes

Nova Scotia's roads were a dangerous place to be this long weekend, with vehicle crashes claiming four lives.

At 3 a.m. Saturday, police responded to an ATV collision in Onslow Mountain. A 40-year-old man from Onslow was pronounced dead at the scene.

Later that day, Yarmouth Rural RCMP were called at 4:15 p.m. to a single-car crash near Abrams River Road. A 22-year-old man died, while

## Names not released

Police haven't released the names of any of the victims.

a woman and three children ended up at Yarmouth Regional Hospital, police said.

Then on Sunday, the Mounties responded to a 911 call at about 1:20 p.m. indicating a motorcycle had gone off the road and crashed into

a power pole in Wilmont.

A 62-year-old Halifax man was pronounced dead at the scene.

On Monday, Cape Breton RCMP responded to a 5 a.m. call on Highway 125 in Sydney, where a car had left the road and flipped over, killing a passenger.

The 59-year-old woman, who had been visiting from Surrey, B.C., was pronounced dead at the scene, police said.

**METRO**

## Lake Echo. Police rescue woman lost in the woods

Police officers successfully found a 33-year-old woman who got lost Sunday evening while hiking through woods north of Lewis Lake in Lake Echo.

Cole Harbour RCMP and Halifax Regional Police were called to help with the search just before 8 p.m., arriving on scene with their K9 unit.

Two women had walked into the forest from River

Drive but became separated, police said, with the 33-year-old from Dartmouth "unable to find her way out of the woods before darkness fell."

Officers could hear the woman but had trouble finding her through thick bush, so they called in Halifax Regional Search and Rescue to help.

They found the missing woman at about 11:30 p.m. **METRO**



# 'We deserve better': Worker

**Labour Day.** Taking aim at Liberals, workers upset with essential workers' legislation



**HALEY RYAN**  
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Hundreds of people raised their voices and union flags in downtown Halifax on Monday to celebrate Labour Day, and call out the Liberal government on essential services legislation, which some said hurts their power to negotiate during a strike.

Matt Banfield from Local 508 of the Amalgamated Transit Union said he came to support all unions and recognize what they've accomplished in terms of benefits and holidays over the years.

"If you don't keep up tradition, you don't keep things alive ... they just fall by the wayside," Banfield said as his seven-year-old daughters, Alexis and Heidi, climbed on his shoulders and arms.

"They're going to benefit from my financial independence and the solidness that comes with being in union," he said with a smile.

Members from nearly a dozen unions sang and listened to speeches at Victoria Park before walking up to the Halifax Common, including nurse Trish MacDonald of Local 97 in the Nova Scotia Government and General Employees Union, who spoke about



Union members and their supporters sing songs at Victoria Park as part of Labour Day in Halifax on Monday. JEFF HARPER/METRO

the two-day suspensions many received after the April "wildcat" strike.

"A good majority of these nurses ... have not had their

suspension days because of the continued staffing issues," MacDonald said as the crowd laughed.

MacDonald said Bill 37, the Essential Health and Community Services Act, favours the employer during bargaining because, under the act, most workers would be considered essential, so there would be "no reason" for the bosses to

resolve issues quickly.

Although MacDonald said at the time of the strike Capital Health stated they could not create higher staffing numbers, 130 new grads were hired soon after.

The government asked the four health-care unions to come up with an essential services plan, MacDonald said, which the workers are hoping

to see the Liberal government accept by the end of September since she said it's "the best for all" under the new bill.

Lisa Mason, a home-care worker and president of the South Shore District Labour Council, said Bill 30 declared home-support workers essential, although their duties include laundry services, respite work, meal preparation and

tasks "not ordinarily linked to death or serious harm."

"We deserve better at bargaining table and beyond," Mason said.

## Canada Post cuts

### 'Unbelievable damages'

Canada Post letter carrier Melanie Mackenzie spoke during the Labour Day rally about the importance of fighting for door-to-door mail service in Halifax or face "unbelievable damages."

Mackenzie, 31, said she loves her job but with federal cuts coming within the next year or so she doesn't know whether she'll be on the unemployment line or working in a coffee shop.

"Mail delivery is so important to people in our community, and I can't stress enough that the damages this will do to the people around you are heartbreaking," Mackenzie told the crowd.

Mackenzie said this is especially an issue for those with physical disabilities, or single moms who can't leave their kids alone.

"This has just far-reaching, unbelievable damages," Mackenzie said. **METRO**

## United

**"Together our voices can be heard."**

Lisa Mason, a home-care worker

## On the web

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## Kennetcook. Attempted robbery at pharmacy

RCMP officers in Enfield were called after an attempted robbery in Kennetcook on Sunday.

At about 4:20 p.m., the RCMP received a complaint that an armed robbery had been attempted at the Kennetcook Pharmacy.

Officers responded and learned that a masked man had entered the pharmacy with a metal pipe and passed a note to the clerk, demanding narcotics.

The pharmacist confronted him and was physically struck by the assailant, who then fled on foot.

No items were taken from the pharmacy.

Based on information gathered at the scene, officers identified a suspect and were able to arrest him later in the day.

The pharmacist did not require medical treatment.

HANTS JOURNAL

## Wyse Road. Arrest made after man's stabbing

Halifax Regional Police have made an arrest in connection with a stabbing that sent one man to hospital.

Police announced Saturday that an arrest had been made. The suspect is being held until a court date on Tuesday and has been charged with attempted murder, possession of a dangerous weapon, assault with a weapon, breach of recognizance and breach

of probation.

Police say officers were called to the 200 block of Wyse Road on Friday afternoon after receiving several calls about an altercation between two groups of people that led to a man in his 30s being stabbed.

The victim was taken to Dartmouth General Hospital with non-life-threatening injuries. METRO

## Labour. New NSP deal averts outsourcing

Nova Scotia Power and its unionized workers have reached a deal that will prevent the utility from outsourcing the work of regular employees for 10 years.

The International Brotherhood of Electrical Workers Local 1928 says the protection came in exchange for closing the existing defined benefit pension plan to new entrants.

In a statement, Nova Scotia Power said its executive board and the union agreed to present a tentative agreement to members in July.

### By the numbers

# 68.4

The percentage of people who voted in favour of the deal, according to the union.

The utility's president and CEO, Bob Hanf, says the agreement should bring savings and job security.

Nova Scotia Power said last October that it was looking at outsourcing work in a bid to cut costs. THE CANADIAN PRESS

### Education

## New, improved report cards due

Changes are coming to report cards for students in Nova Scotia this school year after some parents said they didn't shed light on how their children were faring.

Education Minister Karen Casey said there will be comment sections added for students from primary to Grade 12 and percentage grades will be included for children in Grades 7 and 8.

THE CANADIAN PRESS

### Bikers

## Wharf Rat Rally draws big crowds

The 10th annual Wharf Rat Rally has turned out to be everything the organizers hoped it would be.

"It just grows every year," said Glenn Dunn, chair of the rally. He said they won't have the official registration numbers until Tuesday or Wednesday, but it was obvious to anyone walking downtown during the event that the numbers are up. DIGBY COURIER



Andrea Pardy was attacked by Sem Paul Obed two years ago outside this bar in Happy Valley-Goose Bay in Newfoundland and Labrador. BONNIE LEARNING/THE LABRADORIAN

# 'He had a scary look on his face'

**Sem Paul Obed.** Victim of violent attacker who now lives in Halifax speaks out, fears for safety of others

Andrea Pardy considers herself lucky to be alive after a brutal beating she suffered at the hands of Sem Paul Obed two years ago.

The Happy Valley-Goose Bay woman can remember the details of the assault as if it happened yesterday, and those memories are top-of-mind again.

That's because the man who attacked her that night on Aug. 16, 2012, has been released from a prison in New Brunswick and is now living in Halifax.

"I had served my last customer at 12:10 a.m.," Pardy recalled about the night she was attacked at the Sand Bar, a lounge in Happy Valley-Goose Bay, Labrador.

"About a minute and a half later, this man walks in and asks for a beer. I told him we were closed, and he was very good about it. He seemed very friendly and nice."

Pardy said the man walked back out of the building, only

### Quoted

"While I don't think he will come back home (to Happy Valley-Goose Bay) and target me personally, I do believe it's just a matter of time before he finds another person in a vulnerable situation."

Andrea Pardy

to come back in a minute later and ask to use the washroom.

The man came back out too quickly, Pardy said.

"He approached me and I knew I was in trouble," she said. "He had a scary look on his face."

### HRP

## Beware, say police

Halifax Regional Police and RCMP issued a warning to the public on Friday about the release of Sem Paul Obed.

The 43-year-old was released from a federal prison in New Brunswick on Friday morning.

Obed has more than 30 prior convictions for a battery of crimes, ranging from attempted murder to sexual assault. He has a criminal record dating back to 1984 and is at a

very high risk to re-offend in a sexual or violent manner, according to a professional evaluation.

Obed's presence in Halifax was deemed worth making public by HRP Chief Jean-Michel Blais.

"We don't want to panic people, but we do want the public to know what's happening in their city," said HRP spokesman Const. Pierre Bourdages.

While in Halifax, Obed must abide by several conditions, including a curfew and avoidance of alcohol.



Sem Paul Obed  
CONTRIBUTED

The man — who would later be identified as Obed after a two-week investigation — punched Pardy in the face several times, knocking her to the floor and knocking her face off a cooler.

"He was trying to knock me unconscious," she said. "He gave me a concussion."

Pardy said Obed had covered her mouth with his hand as she was screaming.

"So I bit the top of his fingers, and in those few seconds, I was able to knock the glasses off his face and run out of the building."

Pardy said Obed gave chase but she never looked back, and she ended up flagging down a passing vehicle.

Obed was eventually caught, charged and sent to prison for assault causing bodily harm and failure to comply with a probation order.

He was sentenced to two years plus a day for the crime.

In written decisions provided by the Parole Board of Canada, Obed's full sentence was carried out for a number of reasons, including his "indifference towards the victims of (his) violent offences" and "the fact that some of (his) violent behaviours could have easily caused serious harm/death."

ST. JOHN'S TELEGRAM



## A red wave rising in the East? N.B. Liberals trying to keep momentum going

After majority victories in Nova Scotia, Quebec and Ontario, Brian Gallant is trying to keep the winning streak alive for the Liberals by taking New Brunswick in the Sept. 22 election.

It's a vote that some political observers are closely watching to determine if a trend in Eastern Canada could play a role in next year's federal election.

Liberal Premier Robert Ghiz holds a strong majority in Prince Edward Island. The provincial Liberals in Newfoundland and Labrador have won three consecutive by-elections over the last year in ridings that were held by two Tory cabinet ministers and a premier.

Against that backdrop, there is a possibility of Liberal governments in every province east of Manitoba in just over a year's time.

That's a factor that could benefit the federal Liberals, says David Johnson, a political science professor at Cape Bre-

### Quoted

**"The more ridings you've got provincially, that's more of a base that you can work with at the federal level."**

David Johnson, political science professor at Cape Breton University, who believes the Liberals would interpret further provincial success as proof of a "Liberal wave" in the East.

ton University, who said he believes the Liberals would interpret further provincial success as proof of a "Liberal wave" rising in the East.

"Justin Trudeau and the federal Liberals can play the card that they are much more in tune with provincial interests," said Johnson.

He said a Liberal victory in New Brunswick would also give the federal Grits increased support through their provincial wings. **THE CANADIAN PRESS**

## B.C. Teachers' strike has parents scrambling for daycare in lieu of school

Daycare operators in British Columbia are scrambling to keep up with increased demand for child support as more parents need places to babysit their kids because schools will not open.

Janos Stiasny, owner of Wise Owl Montessori Child Care, says spots in his daycare have filled right up because of the ongoing teachers' strike.

He says he normally gets more than 65 children, but after the strike his care centres are looking after about 90 kids in total.

Talks between the govern-

ment and teachers fell apart over the weekend, dashing any hopes parents had that school would start as scheduled on Tuesday.

Both sides have said they are willing to speak again, but no meetings have been scheduled.

The province's 40,000 public school teachers went on strike two weeks before the summer break started, booting half a million students out of class.

The sticking points are pay, class size and the amount of support staff per class.

**THE CANADIAN PRESS**

### Montreal

## Bar accused of ejecting two male students for kissing

A popular Montreal bar is being accused of homophobia after a bouncer allegedly kicked out two male students for kissing.

A student association at the Université de Montréal is demanding an apology from the Saint-Sulpice bar, a busy spot in the city's Latin Quarter.

Vincent Fournier

Gosselin, an executive with the student group, says a bouncer at the bar forced the two students to leave a medical school orientation event last Friday night.

Gosselin called the actions "homophobic and totally unacceptable."

Gregory Bas, a manager at Saint-Sulpice, says the administration will speak to everyone involved to find out what happened before commenting further.

Protesters are planning a "kiss-in" in front of the bar next Friday.

**THE CANADIAN PRESS**



Tony Accurso is confronted by reporters in an April 2012 photo. Quebec's corruption inquiry should hear from the powerful former construction magnate soon after it resumes from its summer break on Tuesday. GRAHAM HUGHES/THE CANADIAN PRESS FILE

# Ex-construction chief set to testify in Quebec corruption inquiry

**Charbonneau Commission.** Hearings looking into construction industry, awarding of public contracts

Quebec's corruption inquiry is expected to hear from a powerful former construction magnate soon after it resumes Tuesday from its summer break.

Tony Accurso, once the owner of several influential Quebec construction compan-

ies, is due to appear before the Charbonneau Commission after a failed attempt to avoid having to testify.

Accurso argued in court that appearing before the high-profile hearings would jeopardize his right to a fair trial in pending criminal proceedings. The Supreme Court of Canada dismissed the request last month.

But Accurso indicated last week his lawyer will file a motion for a publication ban, and that request will need to be heard before the commission can move forward.

The inquiry, which has

been studying the construction industry and the awarding of public contracts, has already heard from more than 100 witnesses since 2011. When the hearings were put on hold in June, Justice France Charbonneau had mentioned there would be another "two or three weeks" of testimony before moving to the final stages of the commission.

At that point, the commission will hear recommendations from stakeholder groups.

Some 72 briefs have already been submitted by organizations. The briefs report-

edly include arguments for better whistleblower protection and improved regulations for the construction industry.

The commission will also hear from experts in the field.

"This part of our work is extremely important, as it will guide us in developing potential solutions in our final report," Charbonneau said at the end of the hearings in June.

A final report from Charbonneau and her co-chair, former provincial auditor general Renaud Lachance, is due by April 2015.

**THE CANADIAN PRESS**

## Negative study on middle class gets rebuttal

Finance Canada has issued a rebuttal of a politically embarrassing report on middle-class economic woes that was compiled last fall by experts in another federal department.

The duelling analyses highlight an economic issue almost certain to dominate the federal election campaign next year, as political parties cite the same data to make opposite points.

Last October, bureaucrats at Employment and Social Development Canada wrote a scathing internal report on the plight of the middle class, calling the Canadian dream "a myth more than a reality."

The report was immediately hailed by opposition parties as proof of the financial straits of Canadian families, but it was dismissed by cabinet ministers

as outdated and misleading.

In April this year, Finance Canada economists put together a more detailed rebuttal for the new minister, Joe Oliver, using the same data but interpreting them in a more positive way.

The report for Oliver, for example, concludes that "controlling for the changing composition of families, in-

come of the Canadian middle class has grown strongly since 1976 ... All major family types benefited from strong income growth."

The analysis faults Employment and Social Development Canada for weak methodology, and for delivering a different message from that of the Feb. 11 federal budget.

**THE CANADIAN PRESS**



# Rich-poor diet gap widens in U.S.: Study

**Index of healthy eating.** 12-year study finds that while eating habits have improved slightly, they are far from ideal

Americans' eating habits have improved — except among the poor, evidence of a widening wealth gap when it comes to diet. Yet even among wealthier adults, food choices remain far from ideal, a 12-year study found.

On an index of healthy eating where a perfect score is 110, U.S. adults averaged just 40 points in 1999-2000, climbing steadily to 47 points in 2009-10, the study found. Scores for low-income adults were lower than the average and barely budged during the years studied. They averaged almost four points lower than those for high-income adults at the beginning; the difference increased to more than six points in 2009-10.

Higher scores mean greater intake of heart-healthy foods including vegetables, fruits, whole grains and healthy fats, and a high score means a low



In this April file photo, a variety of fruits and vegetables are displayed at a market in Washington.

J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

risk of obesity and chronic illnesses including heart disease, strokes and diabetes. Low scores mean people face greater chances for developing those ailments.

The widening rich-poor diet gap is disconcerting and "will have important public health implications," said study co-author Dr. Frank Hu of the Harvard School of Public Health. Diet-linked chronic diseases such as diabetes have become more common in Americans in general, and especially in the poor, he noted.

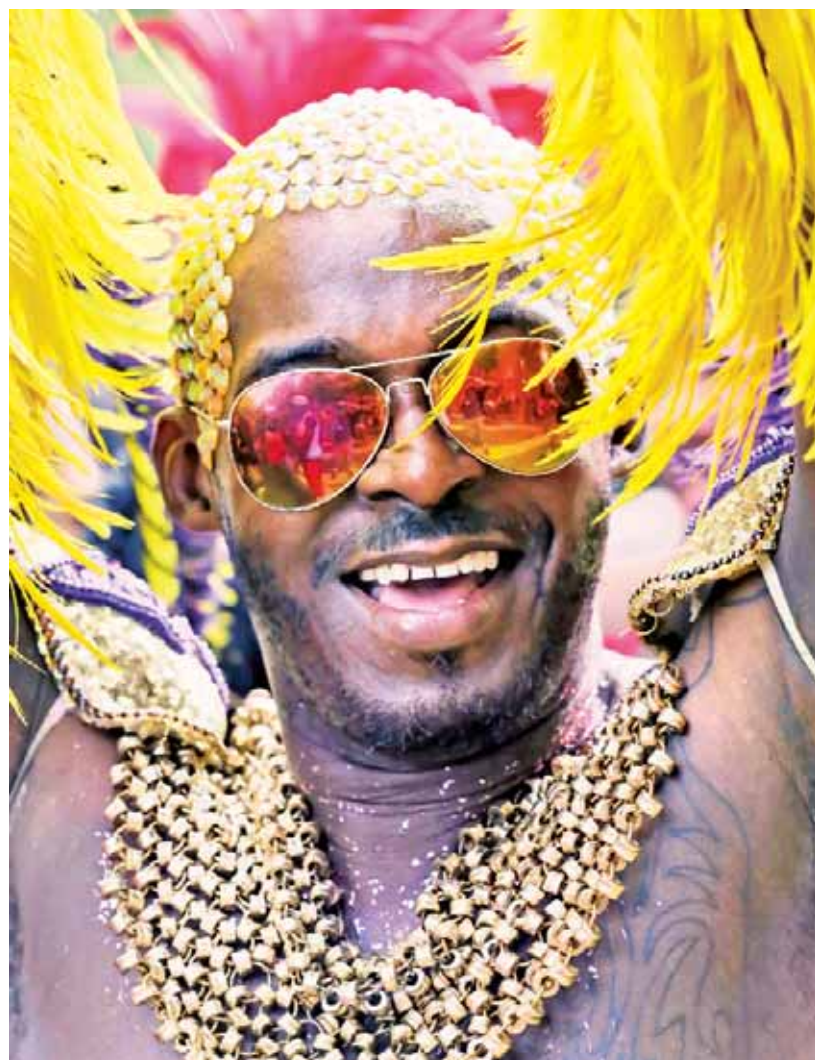
"Declining diet quality over time may actually widen the gap between the poor and the rich," Hu said.

Harvard School of Public Health researchers developed the healthy diet index used for the study. It is similar to federal dietary guidelines but features additional categories including red and processed meats, sugar-sweetened beverages and alcohol. The study authors used that index along with government estimates on trans fat intake to evaluate information in 1999-2010 national health surveys that included interviews with people about their eating habits. The results were published Monday in JAMA Internal Medicine.

The diet improvement was largely due to decreased intake of foods containing trans fats but the disappointing results point to a need for policy changes including better nutrition education, Hu said.

The study's authors say their results are consistent with an earlier report showing that "nearly the entire U.S. population fell short of meeting federal dietary recommendations."

THE ASSOCIATED PRESS



## Brooklyn celebrates West Indian Day in style

A dancer poses for a photograph during the West Indian Day Parade on Monday in the New York City borough of Brooklyn. The annual parade draws about a million people along its three-kilometre route.

MARK LENNIHAN/THE ASSOCIATED PRESS

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### Louisiana

#### Agency will not penalize doctors trying to follow new abortion law

The Louisiana health department will follow a federal judge's order and refrain from immediately penalizing doctors who are trying to comply with a new abortion law that requires them to obtain admitting privileges at a local hospital, a spokeswoman said.

A judge issued a temporary restraining order Sunday that blocked enforcement of the new law. The law requires physicians at abortion clinics in Louisiana to obtain privileges to admit patients to a hospital within 80 kilometres of the clinic where the doctor works.

THE ASSOCIATED PRESS

### Fulfilling promise

#### Arctic Economic Council to have first meeting

Canada will live up to promises it made two years ago when the first meeting of the Arctic Economic Council begins Tuesday in Iqaluit. Creation of the group was to be the centrepiece of Canada's agenda as it assumed leadership in 2012 of the overall Arctic Council, which is made up of the eight countries that ring the North Pole.

The economic council will be a clearinghouse for businesses seeking to operate responsibly in the Arctic, said Tom Paddon, president of Baffinland Mines and one of three Canadian delegates to the new body. THE CANADIAN PRESS

### Campaign to unionize

#### Fast-food workers to engage in civil disobedience

McDonald's, Wendy's and other fast-food restaurants are expected to be targeted with acts of civil disobedience that could lead to arrests Thursday as labour organizers escalate their campaign to unionize the industry's workers.

Kendall Fells, an organizing director for Fast Food Forward, said that workers in a couple of dozen cities were trained to peacefully engage in civil disobedience ahead of this week's planned protests.

Fells declined to say what exactly is in store for the protests in around 150 U.S. cities.

THE ASSOCIATED PRESS



## National Defence. Feds to slash \$2.7B from budget

Stephen Harper has been one of the toughest-talking leaders throughout the Ukraine crisis, yet newly released figures show National Defence is expected to face an even deeper budget hole in the coming year than previously anticipated.

The ongoing reductions come as the prime minister is expected to resist pressure from allies at this week's NATO summit to spend substantially more on the military.

Annual spending on the military, when compared to 2011, is slated to shrink by a total of \$2.7 billion in 2015, according to a briefing note prepared for the deputy defence minister.

That would be almost \$300 million more than earlier internal estimates, and roughly \$600 million higher than the figure defence officials acknowledged last fall when they rolled out the department's renewal plan.

THE CANADIAN PRESS

### Missile-defence program

## U.S. military wants Canada to put sensors in Arctic

American military officials have shed some light on what Canada could contribute to the missile-defence program should it choose to join after a decade spent on the sidelines.

Several conversations with high-ranking U.S. military

officers point to a common desire: multi-purpose sensors in Canada's Arctic that would sniff out a wider range of potential threats than just intercontinental ballistic missiles. Those state-of-the-art systems would be designed to track maritime vessels, airplanes and small cruise missiles — all in addition to any large missile fired off by North Korea or some hypothetical rogue state.

THE CANADIAN PRESS

# Rebels in Ukraine backing off from full independence



Andrei Purgin, a pro-Russian rebel leader from eastern Ukraine, arrives for peace talks in Minsk, Belarus, on Monday. THE ASSOCIATED PRESS

### Negotiations.

Talks adjourned until Friday, when parties will discuss ceasefire and prisoner exchange

Pro-Russian rebels softened their demand for full independence Monday, saying they would respect Ukraine's sovereignty in exchange for autonomy — a shift that reflects Moscow's desire to strike a deal at a new round of peace talks.

The insurgents' platform, released at the start of Monday's negotiations in Minsk, the Belarusian capital, represented a significant change in their vision for the future of Ukraine's eastern, mainly Russian-speaking region.

It remains unclear, however, whether the talks can reach a compromise amid the brutal fighting that has continued in eastern Ukraine. On Monday, the rebels pushed

Ukrainian government forces from an airport near Luhansk, the second-largest rebel-held city.

The peace talks in Minsk follow last week's meeting between Russian President Vladimir Putin and his Ukrainian counterpart Petro Poroshenko. The negotiations involve former Ukrainian President Leonid Kuchma; Russia's ambassador to Ukraine; an envoy from the Organization for Security and Co-operation in Europe; and representatives of the rebels.

Rebels declared in a statement carried by Russia's state-run RIA Novosti news agency that they are willing to discuss "the preservation of the united economic, cultural and political space of Ukraine."

In return, they demanded a comprehensive amnesty and broad local powers that would include being able to appoint their own local law-enforcement officials.

THE ASSOCIATED PRESS

# Senegal monitors first Ebola patient's contacts

Senegalese authorities on Monday were monitoring everyone who was in contact with a student infected with Ebola who crossed into the country and who has lost three family members to the disease.

An Ebola outbreak in West Africa has killed more than 1,500 people in Guinea, Liberia, Sierra Leone and Nigeria. The university student is Senegal's first case of the dreaded disease.

The 21-year-old left Guinea on Aug. 15, just days after his brother died of the disease, according to Guinea's Health Ministry. It said that the broth-

er apparently caught Ebola in Sierra Leone.

The student travelled by road, crossing into Senegal despite a border closure. He arrived in Dakar, the Senegalese capital, on Aug. 20, according to the World Health Organization, and was staying with relatives on the outskirts of the city. The agency said that on Aug. 23, he went to a medical facility seeking treatment for fever, diarrhea and vomiting — all symptoms of Ebola but also many other diseases.

But he concealed from doctors that he had had contact with infected people. He was treated instead for malaria

and continued to stay with his relatives before turning up at a Dakar hospital on Aug. 26.

Senegal's Health Ministry said Sunday that it has since traced everyone the student came into contact with and that they are being examined twice a day.

President Macky Sall said Monday that everything possible is being done to prevent any further cases of the disease in Senegal, including public-awareness campaigns and television programs aimed at encouraging good hygiene practices, such as regular hand-washing.

THE ASSOCIATED PRESS

### Phoney health products

## Insufficient postage leads to international bust

Austrian police have announced the breakup of an international gang dealing in phoney health products and say insufficient postage provided the major lead.

British, Hungarian

and Austrian police were involved in the sweep that culminated Monday in eight arrests, including the suspected head of the scam in Vienna, police said. Searches netted 130,000 euros (more than \$185,500 CAD) in cash and about a million fake pills, worth about 10 million euros (more than \$14 million CAD).

They told reporters that

investigations gathered steam in 2012 after a package was sent back from Austria to Spain due to insufficient postage, and the drug store falsely listed as the sender went to police.

Interior Minister Johanna Mikl-Leitner calls the bust "the greatest blow against the trade in counterfeit medicines Europe-wide."

THE ASSOCIATED PRESS

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**HALIFAX**



# Teen completes marathon swim across Lake Erie

## Strokes of hope.

Ontario teen has raised over \$430,000 in the last two years for a camp supporting kids with cancer

Sixteen-year-old Annaleise Carr completed her marathon swim across Lake Erie on Monday, after returning to the water overnight to finish the final stretch of her journey.

In the first leg of the 75-kilometre swim in July, the teen swam from Erie, Pa., to Long Point, Ont., a distance approximately the length of 1,500 Olympic-sized swimming pools.

Stormy weather and rough conditions eventually forced the Walsh, Ont., native to end the swim 33 kilometres short of her goal, but she pushed through the second leg early on Labour Day, finishing in just over 12 hours around 11:45 a.m. in Port Dover, Ont.

Some 2,000 cheering supporters welcomed her ashore, a spokesman said.

"She's actually feeling fantastic, surprisingly, after swimming more than 30 kilometres," at an average speed



Annaleise Carr, seen here following her 2012 swim across Lake Ontario, completed a similar swim across Lake Erie early Labour Day morning. MICHELLE SIU/THE CANADIAN PRESS

of just under three kilometres per hour, Aaron Gautreau said.

"When she got out of the water I don't think I've ever seen a bigger smile on her face. The whole point of the swim is to send a message to people with cancer to never give up and that's exactly what she did today," Gautreau said.

"Finish what you started, don't give up on your dreams because of a complication or a roadblock. You just keep going and that's what this whole swim was about."

Carr swam to raise money for Camp Trillium, a camp for children with cancer. She raised over \$193,000 by the time of her swim's completion.

"The reception in the community was lots of tears. People are really touched by what this girl has done, not only in her hometown (...) but for the entire nation," Gautreau said.

After completing the swim, Carr was presented with a commemorative scroll with a message from Prime Minister Stephen Harper and was also given a Canadian flag from Parliament Hill, he said, adding that the teen was "completely blown away" by the two gifts.

In August 2012, Carr, then 14, swam across Lake Ontario from Niagara-on-the-Lake to Toronto for 27 hours and became the youngest person at the time to complete the swim. Between both efforts Carr has raised more than \$430,000, Gautreau said.

Carr only gave a brief statement following the swim before being whisked away by her parents for much needed rest.

"Right now it's just (time) to rest, but do not be surprised if you hear her announce another swim in the future," Gautreau said.

THE CANADIAN PRESS



## T.O. mayor signs 'Robbie Bobbies' for charity

Toronto Mayor Rob Ford spent part of Labour Day Monday signing the third edition release of his bobblehead line at his mother's Toronto home. The "Robbie Bobbies" sell for \$30 each and have raised more than \$22,000 for charity. MICHELLE SIU/THE CANADIAN PRESS

## Panda birth threatened. Zoo warns Tian Tian may have lost her cub late-term

Edinburgh Zoo warned Monday its female giant panda may have lost her cub.

Hopes were high that Tian Tian would give birth at the end of August following artificial insemination in April.

But the zoo's panda expert said Tian Tian is "now past her due date," and hormone tests showed that "something may be amiss."

"The evidence suggests that this may be bad news," said Iain Valentine at the Royal Zoological Society of Scotland.

Valentine said there is still a chance the giant panda will

give birth, with experts monitoring her closely.

It was hoped Tian Tian would be third time lucky, having previously failed to give birth after mating with male companion Yang Guang. She was also artificially inseminated in 2013.

Giant pandas notoriously have difficulty breeding and their pregnancies are difficult to track as the fetuses are tiny and hard to detect.

Scientists believed Tian Tian was pregnant and was likely to carry to full term, Valentine said. THE ASSOCIATED PRESS



Tian Tian explores her enclosure at Scotland's Edinburgh Zoo in 2013. The zoo warns she may have miscarried her cub. SCOTT HEPPLETT/THE ASSOCIATED PRESS

## Disaster Prevention

### Japan urges toilet paper stock-up

On national disaster prevention day, Japan's government is urging people to stock up on toilet paper, because more than 40 per cent of the nation's supply comes from a high-risk earthquake zone.

The Trade and Industry Ministry is promoting specialty toilet paper for emergency use to mark the occasion. Officials say people think only of food and water as relief goods, but forget toilet paper, and get desperate when it's too late. THE ASSOCIATED PRESS

## Mexican fish die-off

### Low levels may have led to deaths

Mexican authorities say a mass die-off of fish in Lake Cajititlan in western Mexico was not due to natural causes, but the causes are still being investigated and one researcher said low water levels could have been responsible.

A recent fuel spill has been credited with killing local birds, turtles and fish. THE ASSOCIATED PRESS



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# 8 killed as building explodes near Paris

**Rosny-sous-Bois.** Gas leak suspected in blast that sheared part of four-storey structure

The death toll in the partial collapse of a four-storey apartment building in a Paris suburb has risen to eight after emergency crews pulled the

bodies of a man and a woman from the rubble.

The bodies were found Monday in Rosny-sous-Bois, a town northeast of the capital.

Officials said there was no longer any danger in the neighbourhood after an explosion sheared part of the building Sunday.

French Interior Minister Bernard Cazeneuve said a gas leak is believed to be the

**Support**

**22**

The 22 people who lived in the two-thirds of the building that survived the blast have been given alternative lodging, since the structure is perilous.

cause of the explosion.  
**THE ASSOCIATED PRESS**



A fireman and his dog search in the rubble of a four-storey building in a northeastern Paris suburb that collapsed after an explosion. CHRISTOPHE ENA/THE ASSOCIATED PRESS

## Nicaragua. At least 4 trapped in gold mine

Rescuers hoped for a miracle Monday as they cautiously dug through mud, rocks and clay in search of at least four men missing since late last week when a landslide trapped them in a gold mine in Nicaragua.

Guided by a miner who escaped from the wildcat mine, workers found tools believed to belong to the men but had yet to find any sign of life four days after the accident.

At least 26 miners were trapped Thursday when earth around the mine gave way near Bonanza, about 420 kilometres northeast of Managua. Twenty-two men who were rescued from the site were examined at a hospital and released. Between four and eight men were believed still missing: The exact number was unclear because the miners were freelancers, not formal employees. The freelancers are allowed to work in the area if they sell any gold they find to the firm.

Families of the missing men were camped near the rescue site, waiting for word of the men's fates.

"We will be here until we know what has happened to

**The mine's owners**

The El Comal gold and silver mine is operated under a concession held by Hemco, which is owned by Colombia-based Minero SA.

- According to Hemco's website, the company has mined in the north Atlantic municipality since 1995 and employs 532 workers, who process 700 tons of material a day.
- The company says it produces more than 1,150 kilograms of gold a year and is Nicaragua's 12th-largest exporter.

them, living or dead," Rodrigo Flores, whose nephew is among the missing, said.

Small teams lead by miners were digging slowly into the shaft about 200 metres underground.

The company had warned miners about the danger of working in the El Comal area, especially after two miners died in a rain-caused landslide there last month.

**THE ASSOCIATED PRESS**

**Nigeria**

## Military defends town against Boko Haram attack

Nigerian military officials say they killed about 70 Boko Haram fighters when the Islamic extremists attacked the northeastern town of Bama Monday morning.

The officials, who insisted on anonymity, said militants arrived Monday morning in armoured tanks and trucks and tried to take over the town.

Muhammed Gava, a spokesman for the anti-Boko Haram vigilante movement, said most of Bama's residents fled to Maiduguri.

Sani Usman, an army spokesman, said Monday the curfew in Maiduguri has been extended from 7 p.m. to 6 a.m.

Amnesty International said last month that more than 4,000 people — mostly civilians — have been killed this year in the Nigerian conflict, including in Boko Haram attacks and in responses by the security forces. **THE ASSOCIATED PRESS**

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# British PM proposes new passport seizure powers for police

**Anti-terror.** Proposed laws intended to make it harder for suspected extremists to leave or re-enter the country

Prime Minister David Cameron has proposed new laws that would empower police to seize the passports of Britons suspected of travelling abroad to fight with terrorist groups.

Speaking to Parliament, Cameron said his government is also working to block suspected British jihadi fighters from re-entering the U.K. The power to monitor such suspects already living in Britain would also be strengthened.

The plan to expand Britain's anti-terror laws, likely to be approved by Parliament, aims to prevent attacks by



British Prime Minister David Cameron THE ASSOCIATED PRESS

Islamist militants returning from terror training in the Middle East.

Similarly to its Western allies, Britain is worried its citizens will travel and join terror groups in the Middle

East, then return and threaten their home country.

British intelligence said it suspects 500 Britons have gone to train in Syria or Iraq.

Cameron said he considers extremism by the Islamic State of Iraq and Syria (ISIS) group one of the biggest modern threats to security. While Britain's home security already has the authority to withhold passports, Cameron says more is needed to ensure police can act accordingly if they spot a suspect at a border crossing.

"We will introduce specific and targeted legislation to fill this gap by providing the police with a temporary power to seize a passport at the border, during which time they will be able to investigate the individual concerned," he said.

THE ASSOCIATED PRESS



## Israel, Gaza students heading back to school

An Israeli student pulls his bag behind him as he heads off to school Monday, joining thousands of other children who returned to school in southern Israel after seeking refuge inside bomb shelters from Hamas rocket fire for much of the summer. Ziad Thabet, a Gaza Education Ministry official, said classes will resume in Gaza on Sept. 14 once the Strip's schools are repaired. It's estimated at least 223 Gaza or UN-run schools were hit during the 50-day-long war, 25 of which are too damaged to use. Israel has accused Hamas of using civilian buildings for military purposes. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

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## Employment. Finding work is a challenge for transgender community

Melissa Hudson says 30 years of experience in the Toronto business world hasn't been enough to land her a job, despite numerous call-backs on her resume for first-round interviews.

Hudson's difficulties in finding work started after she transitioned from male to female and she blames discrimination for leaving her bankrupt, fighting to keep a roof over her head.

"After transitioning I can't get anyone to give me a second interview," she said. "I've even had interviewers make excuses of why they can't conduct the interview once I show up."

Hudson's last job in the corporate world was at a logistics firm in Mississauga, Ont., where she was a self-proclaimed "suit-and-tie" business professional. But she decided to live openly as a transgender woman two years ago.

Her challenges were exacerbated by a cycling accident that left her in the hospital for months and a hospital-acquired infection after gender-related surgery, she said.

Hudson left her job after the accident because of a "toxic work environment" but hasn't been able to find other employment.

"It would have been possible to get through it and get back to work if my gender hadn't been an issue with employers," she said.

Hudson said she isn't alone in her experience.

"I have friends who are very qualified business people who are now worried about paying their rent. It's unbelievable."



Melissa Hudson  
THE CANADIAN PRESS/HANDOUT

Because of the relatively small size of the transgender community and difficulty in reaching members, advocates say transgender employment data is hard to find. But a 2011 report from Trans PULSE — a community-based research project in Ontario — found that only 37 per cent of transgender participants were employed full-time, while 15 per cent were employed part-time. Twenty-five per cent were students, three per cent were retired and 20 per cent were unemployed.

The results were based on surveys of 433 trans people who lived, worked or received health care in Ontario.

Eighteen per cent said they had been turned down for a job because of their gender while 32 per cent said they were unsure if their gender influenced the hiring manager's decision. Thirteen per cent said they had been fired or constructively dismissed for being transgender.

THE CANADIAN PRESS

### Experiment in legal pot

#### Washington judge upholds a small city's pot shop ban

A state judge said that a small city can continue to ban state-licensed marijuana businesses, in a case with big implications for Washington's experiment in legal pot.

Pierce County Superior Court Judge Ronald Culpepper issued the ruling Friday after extensive arguments over whether Initiative 502, the voter-approved state law that legalizes adults' recreational use of marijuana, left any room for such local bans.

THE ASSOCIATED PRESS

### Know when to hold 'em ...

#### Atlantic City casinos fold 'em

The show is over for the Showboat Casino Hotel in Atlantic City.

The Mardi Gras-themed casino shut down Sunday after 27 years on the Boardwalk. It was one of three casinos closing within the next two weeks as Atlantic City deals with the impact of increasing competition from casinos in neighbouring states.

Atlantic City began the year with 12 casinos, but before summer is over it will be down to eight. Nearly 8,000 casino workers will have lost their jobs. THE ASSOCIATED PRESS



## Got that TV to Cuba in the nick of time

The driver of a private taxi closes the door of his car, with the back seat loaded with his client's TV brought from the U.S., as he leaves the José Martí International Airport in Havana on Monday. Cubans braced Monday for a clampdown on the flow of car tires, flat-screen televisions, blue jeans and shampoo in the bags of travellers who haul eye-popping amounts of foreign-bought merchandise to an island where consumer goods are frequently shoddy, scarce and expensive. RAMON ESPINOSA/THE ASSOCIATED PRESS

# Would you like to be paid in Bitcoin?

**Trend.** Even though Canada does not recognize Bitcoin as currency, a small number of workers are opting for a cryptocurrency payment

A small but growing — and surprising — number of workers are rejecting Canadian dollar salaries for Bitcoin, according to a Waterloo, Ont., payroll firm.

Wagepoint CEO Shrad Rao said his firm came up with the cryptocurrency payment option in November last year as a side project and did not expect any take-up.

But as the online currency gained popularity this year, he said, employees from 10 firms have signed up for the Bitcoin option, and many more are asking about it.

### Quoted

"I would suspect that people will be highly skeptical."

Cissy Pau of the Vancouver-based Clear HR Consulting, which deals with small businesses, predicts being paid in virtual currency will not expand beyond the tech world because workers in more traditional fields likely would not be comfortable with being paid in Bitcoin.

"When we started off, we didn't even think we'll get one," he said over the phone from New York, where Wagepoint has another office.

"What's interesting is that we've actually had customers come to us because of the (Bitcoin) integration, which we were not expecting at all."

Rao said the firms are overwhelmingly technology companies, whose workers have higher interest in new innovations and tend to dabble more.

In addition to Canadian interest, he said, he gets about five inquiries for Bitcoin payment per month from the United States, where Wagepoint also operates, although

it has not yet launched such an option in that country.

Bitcoin, a decentralized currency, was launched in 2009 by a yet unknown person or group. It gained mainstream attention in 2013, and subsequent adoption caused one bitcoin to rise to a high of \$1,000.

But most brick-and-mortar shops still do not recognize Bitcoin as currency, and neither does the Canadian government, which in June ruled Bitcoin is property.

Canada Revenue Agency spokesman Noel Carisse said paying employees in Bitcoin means paying them in goods — "a barter transaction."

"The goods — the Bitcoin,

in the case of digital currency — must be valued and reported in Canadian dollars," he said in an email.

"The employee would then include the appropriate amount on their tax return for the year as employment income. Any tax payable would have to be paid in Canadian dollars."

For Wagepoint, however, it works differently. Rao said for tax purposes, employees are still being paid with Canadian dollars on paper.

He said workers can have all or part of their wages in bitcoins, and taxes are taken from the Canadian dollar salary before the remainder is converted.

"Really, it's (about) what you do with your personal income at that point," he said. "If you bought a boat with it or invest in Bitcoin — I'm not sure that's very different from each other."

THE CANADIAN PRESS



# EVEN PLAYBOY THINKS CATCALLING IS SEXIST

"Give me a smile, sweetheart." "Nice dress."  
"Damn, girl." "Mmmmmmm."

I could fill a 500-page textbook with the comments I've heard over the years, hurled at me from car windows and whispered in my ear in a crowded bar. Occasionally these outbursts of appreciation come in the form of a well-crafted one-liner; the rest of the time, I'm treated to an impulsive holler, a leering glance or just a series of hissing noises.

Most of the women I know have been on the receiving end of some form of unwanted sexual street harassment. I still find it bewildering that so many seemingly intelligent men — men with mothers, sisters and, potentially, wives and girlfriends of their own — feel compelled to fling vulgar comments at complete strangers.

A few weeks ago, the New York Post published an article titled "Hey, ladies — catcalls are flattering! Deal with it." In this



SHE SAYS

**Jessica Napier**

metronews.ca

fine piece of click-bait journalism, author Doree Lewak celebrates the lewd remarks she receives from her neighbourhood construction workers. Lewak's hard-hat-wearing Prince Charmings offer her a daily dose of ego-boosting validation in the form of wolf whistles and crude remarks that give her an "unmatched level of euphoria." That's right: euphoria.

And that's OK, I guess. I mean, if Lewak wants to measure her own self-worth in grunts, she's absolutely entitled to those feelings. There's nothing inherently wrong with enjoying attention from the opposite (or same) sex, but arguing that catcalls are universally flattering and all women should just "deal with it" is absolutely ridiculous.

Telling a woman who has been a victim of unwanted street harassment that she "should take it as a compliment" is like telling a guy who's just been beaten up at a bar that he should "man up." This "deal with it" attitude reinforces the notion that

women are objects to be looked at, evaluated and commented upon by men. And, worst of all, that we should enjoy the process or be labelled uptight.

Even Playboy — which is not exactly a media organization renowned for championing a feminist agenda — has weighed in on the street-harassment debate. The adult magazine recently posted an infographic on its website that posed the question, "When is it appropriate to catcall a woman?" It concludes that men should resort to it only when addressing a known and consenting partner or an actual feline.

I rarely find myself siding with Playboy on anything, but I have to agree with them on this one. There are plenty of ways to approach someone in a respectful and reasonable manner; licking your lips and shouting "Nice ass!" isn't one of them.

And according to an incredibly unscientific poll of my close female friends, catcalling has a success rate of absolutely zero.

Because, for most women at least, unsolicited explicit remarks from strange men don't make us feel beautiful or euphoric; they make us feel violated, angry and potentially very afraid.

## День Знаний (Day of Knowledge)



Children take part in a ceremony marking the start of classes at School No. 57 in Moscow on Monday as part of the traditional opening of the school year, known as Day of Knowledge. The day was started in 1984 in the U.S.S.R. IVAN SEKRETAREV/THE ASSOCIATED PRESS

### Russian kids mark back-to-school with flowers, fancy dress

Students in Russia and other former Soviet-bloc countries participated in Sept. 1 celebrations, also known as Day of Knowledge, to commemorate the first day of school.

Students arrive dressed up and carrying flowers. Senior students escort younger students to class, holding their hands along the way. In a ritual called the First Bell, a girl from the first grade is chosen for the honour of being hoisted onto the shoulders of an 11th-grader to ring the school bell.

METRO

### Education and politics

- **Tragedy.** This Sept. 1 marks the 10th anniversary of the Beslan school massacre, in which 385 people were killed after the school was stormed by armed terrorists.
- **Crimea.** The Moscow Times reports that students in Crimea will now study under the Russian education system for the first time. Russia took control of the region in March.

## Worth mentioning. Neanderthals not as dumb as previously thought: Study

A series of lines scratched into rock in a cave near the southwestern tip of Europe could be proof that Neanderthals were more intelligent and creative than previously thought.

The cross-hatched engravings inside Gorham's Cave in Gibraltar are the first known examples of Neanderthal rock art, according to a team of scientists who studied the site. The find is significant because it indicates that modern humans and their extinct cousins shared the capacity for abstract expression.

The study, released Monday by the journal Proceedings of the National Academy of Sciences, examined grooves in a rock that had been covered with sediment. Archaeologists had previously found artifacts associated with Neanderthal culture in the overlying layer, suggesting that the engravings must be older, said Clive Finlayson, one of the study's authors.

"It is the last nail in the coffin for the hypothesis that Neanderthals were cognitively inferior to modern humans," said Paul Tacon, an expert in rock art at Australia's Griffith University. Tacon, who was not

### Theory might be dead

"It is the last nail in the coffin for the hypothesis that Neanderthals were cognitively inferior to modern humans."

Paul Tacon, expert in rock art

involved in the study, said the research shows the engravings were made with great effort for ritual purposes, to communicate with others, or both.

"We will never know the meaning the design held for the maker or the Neanderthals who inhabited the cave, but the fact that they were marking their territory in this way before modern humans arrived in the region has huge implications for debates about what it is to be human and the origin of art."

Not everyone is convinced: another recently published study examining the dating of various archaeological sites across Europe raises the possibility that the artifacts may not have been made by Neanderthals but by modern humans.

THE ASSOCIATED PRESS

### Comments

**Re: Proposed laws could dampen sales of e-cigarettes in Canada, published online Aug. 30**

This entire controversy, including Nova Scotia's absurd knee-jerk decision to supposedly ban them, is nothing more than the public health nannies being afraid that the use of these things will "re-normalize" what looks like smoking, even though there is no actual smoke, just vapour. The nannies are ignoring the very real benefits these things have for people trying to quit who are killing themselves with real cigarettes. They ought to be ashamed of themselves.

Keith P., posted to metronews.ca



metro

# Halifax 101: STUDENT GUIDE

Tuesday, September 2, 2014



► **INSIDE:** Make the most out of student life – on and off campus. Plus: How to budget, decorate, and manage stress

Randii-Lynn Sullivan, a second-year student at Dalhousie University, and Herbert Kaliisa, a third-year Saint Mary's University student, pose for a photo on Citadel Hill. PATRICK MCKENNA/FOR METRO



# Students Save 10% Tuesdays!

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# N.S.'s university capital

## City of learning.

Students make up about one-tenth of Halifax's population

RICHARD  
WOODBURY  
For Metro

It doesn't take long to realize Halifax is a city dominated by the influx of students who study here every year. Whether it's the busy nightlife (which is not quite as frenetic in the summer) or the mad rush that occurs around Sept. 1 when students can be spotted moving into new accommodations, pretty much everywhere around the city Halifax's heartbeat is partially defined by its large student population.

There are about 40,000 students living in the city studying at the six universities, community college, and numerous private career colleges and language schools.

The bulk of the students are at Dalhousie University, which has more than 18,000 undergraduate and graduate students split amongst its sprawling South End/downtown campus. The school offers programming in just about everything you can imagine, including traditional liberal arts programs, science, commerce, law, and a medical school.

Just a short walk away from Dalhousie is its biggest rival, Saint Mary's University. The South End school with close to 7,500 students is highly regarded for its commerce program, which also happens to be the most popular degree it grants. Accounting and finance are the two most popular majors for the commerce program.

The next largest school in town is NSCC (Nova Scotia Community College). It has more than 4,500 students spread



Dalhousie University has been in operation for almost 200 years. COURTESY DALHOUSIE UNIVERSITY

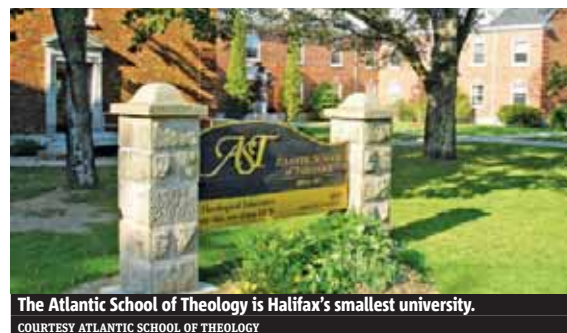


The University of King's College is well known for its journalism program. COURTESY UNIVERSITY OF KING'S COLLEGE

amongst its three area campuses. Its most popular program in the city is in business administration. However, the number of seats it has for programs is dependent on industry demand for the positions.

Where Halifax and Bedford

meet is where you will find Mount Saint Vincent University, a school with more than 4,000 students. The school offers arts, science, education, business, and graduate programs, but is arguably best known for its public relations program (which



The Atlantic School of Theology is Halifax's smallest university. COURTESY ATLANTIC SCHOOL OF THEOLOGY

happens to be the third most popular degree granted).

Adjacent to Dalhousie is the University of King's College, a school which is just shy of 1,200 students. Its most popular programs are its Foundation Year Programme and journalism.

With just under 1,000 students, NSCAD University is Canada's oldest independent arts university.

The institution was co-founded in 1887 by Anna Leonowens, best known for serving as a tutor to the King of Siam.

## What's inside



You'll never guess who graced Halifax's campuses before capturing the spotlight. Page SG6



Dalhousie boasts a new mixed-use building with student housing and services. Page SG12



Your dorm room doesn't have to be grey and concrete — try these decor tips. Page SG14-15



Download the latest apps to keep on top of your studies and your social life. Page SG21



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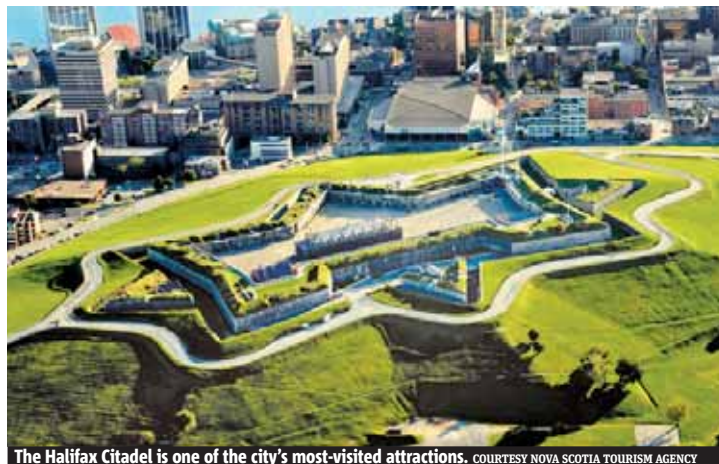
**Best places to see  
Halifax's history**

**The Halifax Citadel.** A wide variety of history is on display here including a First World War exhibit that just opened at the Citadel's Army Museum.

**The Maritime Museum of the Atlantic.** This popular harbourfront museum features a wide variety of naval and maritime history, including several preserved ships and artifacts from R.M.S. Titanic.

**Pier 21.** More than 1 million new Canadians passed through this immigration shed from 1928 to 1971, which is now home to the award-winning Canadian Museum of Immigration.

**Historic Properties.** The downtown area, known as Historic Properties, is home to some popular restaurants, pubs, and stores, but it also preserves a part of Halifax's historic dockyards, including the original Collins Bank/Simon's Warehouse.



The Halifax Citadel is one of the city's most-visited attractions. COURTESY NOVA SCOTIA TOURISM AGENCY



Members of the 78th Highlanders prepare to fire the noon gun on Citadel Hill. THE CANADIAN PRESS FILE

# Discover how your new city came to be

## Big harbour. Explore Halifax's rich history

**TOM  
MASON**  
For Metro

To the Mi'kmaq people, Halifax was known as Chebooktook — the biggest harbour — and indeed it was the size of that harbour that first attracted the British to settle there. They

came in force in 1749 to build a city surrounded by wooden palisade walls, and a city that would give the British Empire a powerful naval base in the land once known as Acadia — a land that they had conquered four decades earlier.

Halifax was founded to create a military base between the French fortress at Louisbourg and the New England colonies, but French North America was conquered a few years later,

and the New England colonies revolted soon after that.

It's still easy to see the vestiges of British military power in Halifax today. The city is still littered with deteriorating fortresses: in Point Pleasant Park, on the cliffs at York Redoubt, and on Georges Island and McNabs Island near the harbour mouth. The city's most famous fort, the Halifax Citadel, is one of its most-visited tourist attractions. Through the American

Revolution, the War of 1812 and two world wars, the port of Halifax bustled with naval ships and military personnel, with constant upgrades and modernizations made to the city's defence system every time a new conflict threatened.

In December 1917, Halifax became the only city in North America to feel the direct tragedy of the First World War. A ship packed with explosives bound for the Western Front

collided with a Belgian relief ship, causing the largest man-made explosion before the nuclear age. The city was devastated in the process and more than 1,000 people were killed, with many times that number injured.

More recently, in 1996, the City of Halifax amalgamated with about 200 communities to become Halifax Regional Municipality (HRM), and is home to more than 400,000 people.

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# Lots to see and do in the city

**Sites.** Take a study break and get out there

**TOM MASON**  
For Metro

There's plenty to see and do off campus in Halifax this year. Why not take a break from studying once in a while, get out and experience some of the best that the city has to offer?

## Peggy's Cove

It's a rite of passage for anyone new to Halifax to take a trip to Peggy's Cove — and you know your friends and family are going to ask you about it when you head home for the holidays.

## Titanic stuff

If your friends ask you about Peggy's Cove, they will probably ask about Titanic as well. The 190 victims of that tragic disaster are buried in Halifax at three local cemeteries: Fairview Cemetery (3720 Windsor St.), Mount Olivet Catholic Cemetery (7076 Mumford Rd.) and Baron de Hirsch Jewish

Cemetery (3700 Windsor St.). In addition, artifacts from Titanic can be found at the Maritime Museum of the Atlantic, including one of the luxury liner's deck chairs, wooden wall paneling from the luxury lounge, pieces of the first-class staircase, and other wreckage.

## Living history

On Sept. 20 and 21, you can get a first-hand look at military life at the time of the American Revolution at Halifax Citadel's annual living history encampment, where up to 100 historic re-enactors set up an authentic military camp in the Citadel's ditch. Special displays will include camp cooking, costumes of the period, musket and cannon firings, and a mock battle on Saturday.

## Atlantic Fringe Festival

From Aug. 28 to Sept. 7, the Atlantic Fringe Festival will be taking place at venues all over the city. This popular festival, now in its 24th year, features hundreds of musicals, dramas, comedies, and other live performances.

## Neighbourhood exploration

Take a stroll to the North End and see the historic Hydrotone neighbourhood, or hop on one of the harbour ferries — North America's oldest continuously operating salt-water ferry service — and explore Downtown Dartmouth.

## SandJam

From Aug. 29 to 31, cheer on the top beach volleyball teams in the country as they compete on the Halifax waterfront for the National Team Beach Volleyball Championships. SandJam is a weekend of volleyball, a live concert featuring The New Pornographers, and much more.

## Shopping on Spring Garden and Barrington

Downtown Halifax's premier shopping district is within easy walking distance of five of Halifax's six universities.

## Neptune Theatre

For lovers of live theatre, Neptune Theatre has a packed schedule of dramas, comedies and musicals all year long, beginning Sept. 9.



The Maritime Museum of the Atlantic showcases some artifacts from Titanic.




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Halifax's shopping district is walking distance from five of the six universities.



Halifax Alderney Landing hosts regular concerts.

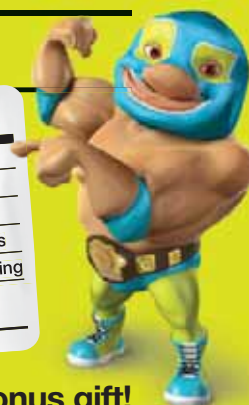


The city bustles with festivals such as the Atlantic Film Festival, shown here. SCOTT MUNN, NOVA SCOTIA TOURISM AGENCY PHOTOS

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# Famous faces have walked these halls

**Halifax grads.** Nova Scotia's 'university city' has had its share of stars on campus

JENNIFER  
TAPLIN  
For Metro

Every university has its share of famous alumni.

They could be international performers like Sarah McLachlan, who attended Nova Scotia College of Art and Design (NSCAD), or local community pillars like Catherine Woodman, president and CEO of United Way Halifax Region, who graduated from Mount Saint Vincent University. Each post-secondary institution has a roster of notable alumni.

"I can't think of one graduate in that category of accomplishment that wouldn't point back to their days at Dal to say that gave me the foundation," said Floyd Dykeman, vice president external at Dalhousie University.

Off the top of his head,

Dykeman can rattle off many impressive graduates like Kathryn Sullivan, who studied at Dal in the 1980s and was the first American woman to walk in space; or Nancy Jane Lane, a world-leading scientist in cell biology; or how about Brian Porter, current president and CEO of Scotiabank. Many of the people on Dalhousie's list of notable alumni return to the school to inspire today's students, Dykeman said.

"It's amazing, but this university has been around since 1818," he said. "So there's no shortage of good examples for our students."

There are about 125,000 Dalhousie alumni around the world, and the university is in contact with about 90,000 of them, Dykeman said.

Artist, designer and founder of the Barrington Street furniture institution Attica Furnishings, Suzanne Saul, is a graduate of both NSCAD and Saint Mary's University (SMU). But it's the former she's most attached to. She's on the NSCAD Alumni Association board and frequently helps with fundraising campaigns.

## Recognizable grads

Notable alumni from some of the local universities:

- **NSCAD.** Academy Award-winning animator John Kahrs; Andrew Scott and Chris Murphy from the band Sloan; and singer/songwriter Jimmy Rankin.
- **MSVU.** Founder of Hope Blooms Jessie Jollymore, and former MP Mary Clancy.
- **SMU.** CBC sports commentator Steve Armitage; James Curleigh, global president of Levi's; and Consul General in Rio de Janeiro, Sanjeev Chowdhury.

What keeps her so connected to her alma mater?

"I have close friends from my time at NSCAD," she said. "It almost feels like a family reunion because NSCAD is a small school."



Clockwise from top right: NSCAD alumni Oscar winner for Paperman John Kahrs, pop-folk singer Jenn Grant, singer/songwriter Jimmy Rankin, designer Suzanne Saul, and Sloan band members Andrew Scott (middle) and Chris Murphy (left). CONTRIBUTED



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Walking and biking are two easy ways to get around Halifax. HALIFAX REGIONAL MUNICIPALITY

# Getting from A to B in the YHZ

## Transportation.

Halifax Transit, a student's best bet for getting around the city

**RICHARD WOODBURY**  
For Metro

Getting around Halifax is pretty easy, but for students, it's even easier. That's because full-time students at Mount Saint Vincent University, Saint Mary's University, Dalhousie University, NSCAD University, the University of King's College and NSCC pay a mandatory fee for something called a UPass. This gives them unlimited access to regular transit service with the city's transit system: Halifax Transit.

The UPass is a steal. For most schools, Halifax Transit charges \$145.52 for eight months of transit use from September to April. (NSCC students pay a little more, but their UPass is good for nine months.) Halifax Transit otherwise charges \$70 for a monthly student pass.

For people new to the transit system, the city's website has transit information at [halifax.ca/metrotransit](http://halifax.ca/metrotransit).

If you're trying to figure

### Car share

Looking to drive a car, but not own one?

- Owning a car is expensive. A cheaper alternative exists in Halifax called CarShareHFX.
- The company has a fleet of cars, which you can use when you need a vehicle.
- Another bonus: CarShareHFX vehicles can park for free at all Pay and Display parking lots on the Halifax Waterfront.



About 70 per cent of Halifax Transit's buses have bike racks on the front. HALIFAX REGIONAL MUNICIPALITY

"Page three of the Riders' Guide lists all 65 routes in the transit system," said Jennifer Stairs, a spokesperson for the city. "Of those, 45 have a bicycle icon beside them, which means that every bus that travels that route will have a bike rack for passengers."

The newest Riders' Guide came into effect Aug. 25. Stairs said people can access it online and hard copies are available at bus and ferry terminals around the region.

As well, people can always walk. The city is foot-friendly with many places being within the vicinity of university campuses.

out how to get from A to B, the city recommends using the transit option on Google Maps. (As of right now, Halifax Transit does not have an app, but it is collecting ideas on how to improve transit technologies, so there might be one in the future.)

Biking around the city is another option. Each year, more and more bike lanes and racks are being added throughout the city.

For students looking to bike to places and also take the bus, roughly 70 per cent of city buses have bike racks.

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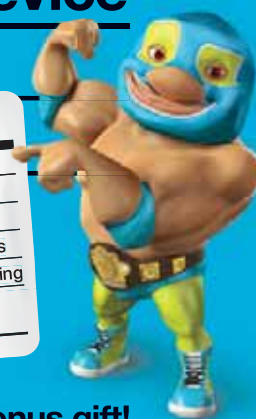
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The Public Gardens can make for a relaxing afternoon. JEFF HARPER/FOR METRO

# Scope out the streets and eats in Halifax

**More than bars.** Take advantage of the UPass to check out all that the city has to offer

**RICHARD WOODBURY**  
For Metro

Halifax has a well-known reputation for its abundance of watering holes, but there is much more to the city than its nightlife.

James Patriquin, the executive vice-president of the Saint Mary's University Students' Association, said people often put a lot of emphasis on the city's nightlife, but he said, "the morning life is just as exciting."

He's a big fan of going to the Halifax Seaport Farmers' Market to see its more than 250 vendors.

"It's crafts, it's food, it's culture, it's everything," said Patriquin.

Patriquin is also a fan of taking advantage of the UPass, the heavily-discounted transit pass which full-time students at the local universities (exclud-



Halifax has a trendy pub scene. METRO FILE

ing the Atlantic School of Theology) and NSCC pay for. He recommends using the UPass to take ferry trips to and from Dartmouth. The ferry ride itself is enjoyable and also gives people a different perspective on what Halifax and Dartmouth look like from the water.

Michaela Sam, the president of the King's Stu-

dents' Union, said Halifax is very walkable.

"Almost everything is accessible by walking, which is something our students really enjoy," said Sam.

She says there are also some great free attractions, such as the Halifax Public Gardens and Point Pleasant Park. As well, campuses often host guest lectures, which are well-worth checking out.

Brunch options in Halifax are expansive. A great bet for students is Mary's Place Café II, centrally located on Spring Garden Road. The food is inexpensive and the portions are hearty. Sam says she likes how the restaurant also has

some gluten free and vegan options.

For students looking to enjoy a beer with friends, Sam recommends Stillwell Bar on Barrington Street.

"They've got great craft beer and a lot of it is local," she said. "The food is wonderful as well."

Patriquin recommends the Resolutes Club. Located on Inglis Street, you'll need a membership or must go with a member to get in. Membership isn't costly, starting at \$10 for the basic option.

"The atmosphere is what sets it apart," said Patriquin. "Everyone treats everyone else as if they were a friend."



Seaport Farmers' Market is stocked with fresh produce. METRO FILE

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## Live music hot spots

- Halifax is home to a thriving music scene. While there are many music festivals, the Halifax Pop Explosion is a staple of the local live music calendar and runs

from Oct. 21 to 25 this year.

- Popular live music venues include Gus' Pub, the Carleton, the Marquee Club, and the Seahorse Tavern.

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## Halifax universities by the numbers

TOM MASON For Metro

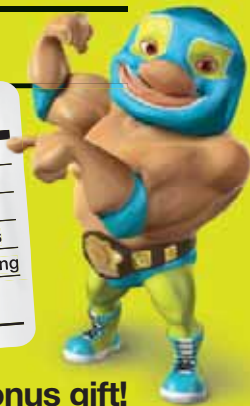


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# Who you need to know in HRM

**Brass.** Get to know the city's top politicians and university presidents

**TOM MASON**  
For Metro

## Mayor Michael Savage

Michael Savage was practically born into politics. The son of the late Dartmouth mayor and Nova Scotia premier John Savage, Michael Savage served as the Member of Parliament for Dartmouth-Cole Harbour from 2004 until his defeat in 2011. The 54-year-old mayor, who was born in Belfast, Northern Ireland, is actively involved with numerous community organizations and not-for-profit groups.

## Jean-Michel Blais

Jean-Michel Blais was appointed chief of the Halifax

Regional Police Department in October 2012. Before that, he was a member of the RCMP for 25 years, serving as a major crimes investigator and taking part in two tours of duty in Haiti as part of a United Nations team in that country. Chief Blais has been decorated by both the United Nations and the government of Canada for his service.

## Richard Florizone

Last year, Richard Florizone was appointed Dalhousie University's 11th president. Before that he was a vice president at the University of Saskatchewan, policy fellow in the Johnson-Shoyama Graduate School of Public Policy, a senior advisor to the World Bank Group's International Finance Corporation in Washington, D.C. He also worked in the private sector with Bombardier Aerospace and the Boston Consulting

Group. Dr. Florizone also has a PhD in physics.

## J. Colin Dodds

J. Colin Dodds has been with Saint Mary's University for more than 30 years, starting as a professor in the Sobey School of Business in 1982. Educated in the U.K., Dr. Dodds taught at a number of universities in that country, as well as through CIDA and the World Bank in Asia and Canada. He is active in more than a dozen local, national, and international organizations, and serves as director, chair or president of a number of boards and advisory groups.

## Ramona Lumpkin

Before becoming president and vice-chancellor of Mount Saint Vincent University in 2010, Ramona Lumpkin was principal of Huron University College in London, Ont. Dr. Lumpkin spent the early years of her



Halifax Regional Police Chief Jean Michel Blais, left, and Mayor Mike Savage lead a group of cyclists along Thistle Street during the second-annual Mayors Bike Ride in June. JEFF HARPER/FOR METRO

academic career in Kentucky before accepting a position as dean of continuing education at The University of Windsor in 1992.

In addition to her duties at MSVU, Dr. Lumpkin is the chair of the Association of Atlantic Universities. This year, she was appointed as a Member of the Order of Canada in recognition of her work as a university and community leader.

## George Cooper

In addition to being president and vice-chancellor of University of King's College, Halifax native George Cooper is counsel at the Atlantic law firm McInnis Cooper. A Rhodes Scholar, Dr. Cooper has been involved in two national King's College capital campaigns and is a managing trustee of the \$400-million Killam Education-al Trusts.

## Dianne Taylor-Gearing

Dianne Taylor-Gearing is the newest university president in Halifax. She started her tenure with NSCAD in August of this year.

Prior to that, the U.K. native was an art educator, fashion designer and seasoned administrator, most recently serving as vice-president Research and Academic Affairs at the Alberta College of Art and Design.



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# Location, location, location

**Student Living.** Finding an affordable and convenient place to live is the goal, with nearby grocery stores and transit often top priorities

JENNIFER  
TAPLIN  
For Metro

Finding a great place to live can make or break a memorable school year.

Right now thousands of students around Halifax are checking out apartments and getting ready to move in.

Randii Sullivan is a Dalhousie University student and a senior residence assistant who has lived on campus for the past six years. She said the south end is a hot neighbourhood for students living off campus.

"In between South Street to Quinpool," she said. "All the little streets off of Coburg and I know a lot of second and third year students try to get little houses with their friends down there."

## All access

- There are no areas of town the Lynn Cashen Basso, housing co-ordinator at MSVU, would advise students to avoid. "We have students hailing from all over the city so I don't think there are any areas I would flag as a no-go zone," she says.

And no wonder — that area of the city is crisscrossed with major bus routes, littered with grocery stores and close enough to campus to walk.

"And if you want to go downtown to a movie or to the harbour it's only a 15-minute walk," she said.

Inglis Street, Tower Road,



Harbour View Apartments in Halifax. JEFF HARPER/METRO

and South Park Street are also super popular, Sullivan added, because there's a lot

of apartment buildings and duplexes, which is attractive to third and fourth year students because it's a bit quieter.

Many of her friends looking for apartments off campus hope to pay \$550-\$600 a month for rent, but realistically Sullivan said it's more like \$600-\$700. Students who can pay upwards of \$800 can get likely get a place to themselves.

At Mount Saint Vincent University, Clayton Park, and Clayton Park West are the neighbourhoods of choice,

said Lynn Cashen Basso, housing co-ordinator at MSVU.

"Primarily, it's for proximity to campus, as well as all the other amenities: there are restaurants, grocery stores, a library and Canada Games Centre. There are all kinds of activities and things to do," Cashen Basso said. "We also have a lot of students who will lean to the Bedford Highway area."

Basically anywhere near the 80 bus route is desirable since it's a straight shot to school, Cashen Basso said.

## Quoted

"Primarily, it's for proximity to campus as well as all the other amenities: there are restaurants, grocery stores, library and Canada Games Centre. There are all kinds of activities and things to do."

Lynn Cashen Basso,  
Housing co-ordinator at MSVU  
Commenting on Clayton Park and Clayton  
Park West neighbourhoods.



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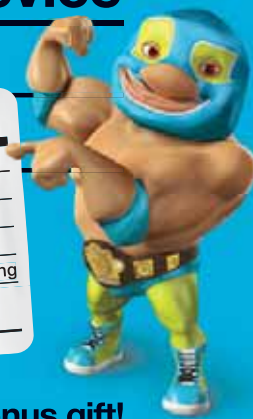


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# New Dalhousie digs

**Home sweet home.** Students will live, eat, sleep and meditate in the five-storey mixed-use building

JENNIFER  
TAPLIN  
For Metro

More than 300 students will have brand new digs at the Dalhousie University campus this school year.

The university opened the doors to the LeMarchant Mixed-Use Building to students this summer. This fall, the five-storey building will house 326 students in either single rooms with shared bathrooms, or in suites with two, three or four bedrooms.

This 165,000 square-foot building is not just for housing students. Dal's Recruitment and Enrolment Centre, the starting point for campus tours, is now on the first floor of the new building. Sharing the floor is the International Centre, a support hub for students from around the world.

## Out with the old

- New student housing is welcome at Dalhousie University since they sold the enormous, but aging Fenwick Place in 2009 to Templeton Properties.

Since the official opening and press visit is set in the next couple weeks, a university spokesperson declined to comment. But on the university's website, Pam Williams, manager of the International Centre, said students have been overwhelmed by what the new space has to offer.

"It's such a pleasure to tell them that the space is theirs to use and enjoy," she said.

There's also a space looking out onto an atrium, where students can hang out during the day, and that student clubs and organizations can book after hours.

There's a lounge with cozy chairs and a big TV, and if student groups want to cook, well there's a space to whip something tasty up too. Considered a highlight of the building, the

public kitchen has a multitude of appliances including: two refrigerators, a microwave, dishwasher, and lots of counter space. According to the Dal website, the kitchen is intended for students to use throughout the day for cooking demonstrations, and when hosting receptions.

The Student Health Services, Counselling Services and Student Health Promotion take up the most of the second floor, sharing group-meeting rooms. For students having a stressful day, there's also a Quiet Room on the second floor, dedicated for prayer or meditation.



Two students study in a dorm room, left, and the exterior of the new LMU building. PHOTO CREDITS NICK PEARCE AND DANNY ABRIEL



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# Stay alert, stay safe: Tips for your new home

## All in moderation.

It's important to be proactive and avoid risks on campus

STEPHANIE ORFORD  
For Metro

Orientation week is around the corner for college and university students, and for many that means a new home, new friends and lots of parties.

Canadian college and university campuses have multiple safety services for students, but to stay safe this fall it's equally important for students to be proactive, says Lucy Fromowitz, assistant vice-president of student life at the University of Toronto.

## Be aware

Next time you're walking around campus, make note of the locations of the emergency phones, says Fromowitz. It also doesn't hurt to program the campus police number into your phone. For extra protection, use personal safety apps on your phone, like the YWCA Safety Siren app.

## Buddy up

"If you are out late at night, either socially or for academic purposes, walk with a friend or call the WalkSmart program," says Fromowitz. Friends should support friends to make safe de-

## Quoted

**"Moderate the personal information you post on social media sites..."**

Lucy Fromowitz, Assistant Vice-President of Student Life, University of Toronto

cisions, she says. "For example, when going out with friends, leave with the same friends and don't leave with someone you don't know."

## If you drink alcohol, do it in moderation

Alcohol can impact your decisions. If you decide to go out and have a few drinks, go in with a plan. "Make a pact with your friends in advance to look out for each other," says Fromowitz.

## Limit the information that's publicly available about you online

"Moderate the personal information you post on social media sites and learn how to restrict access to those you know," advises Fromowitz.

## Make use of University-sponsored services

Need assistance? There's probably someone on campus that can help. Dalhousie University in Halifax has the Tiger Patrol, a free shuttle service that helps students, faculty and staff get around the campus at night.

Many postsecondary institu-

tions also offer walking buddies to accompany students around campus after dark.

## Seek out advice

Most colleges and universities have multiple ways for students to access counseling when they need it, such as the University of Ottawa's Counseling and Coaching Service and Carlton's counseling services including one-on-one sessions, crisis lines available 24/7 and group counseling workshops. "Students should never feel embarrassed to approach a university staff member or designated peer about services or to report concerns," says Fromowitz.

## Tips for safe sex

1. Choose your sexual partners wisely. Find out their history and be OK with saying no
2. Engage in protective practices: use condoms, get the HPV vaccination and get tested for STIs regularly.
3. Communicate clearly with your partner about using condoms and what your limits are.
4. Educate yourself. Did you know that STIs sometimes don't show symptoms?



Keeping safe at school can be a walk in the park, if you follow a few key tips. SHUTTERSTOCK

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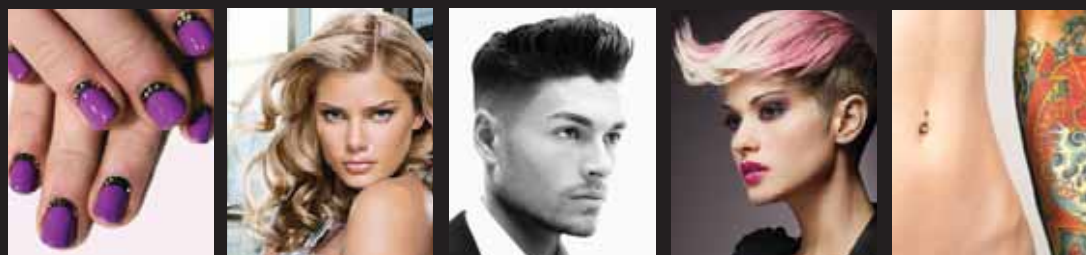
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# Don't get a failing grade on dorm decor

**Add colour.** Just because your focus is on grades, you can still create a nice space

**ASTRID VAN DEN BROEK**  
For Metro

When you open the door to the next chapter in your life, it's likely you'll face a room of cement, tape-dotted-walls and faded furniture.

Not exactly an inspiring space, is it? Well to give your room an eye-friendly makeover, Sebastian Clovis, host of HGTV Canada's Tackle My Reno, shares his ideas on how to make the most of your small space.

## Colour your world

"A dorm room is usually a small rectangular box and the colours can make you feel closed in," said Clovis. "So keep the bedspreads, posters and more in lighter colours to make you feel more open and airy, as opposed to using dark colours which will

make you feel more claustrophobic."

## Introduce mood lighting

Think bedside lamps. "The lights are usually fluorescent lights in dorm rooms, so things like a side lamp with a dimmer switch really can change the ambience in the room," he suggests.

## Bring life in

Does your painted, cinder-block room feel a little prison-like?

"With that environment, getting life in your room is important," said Clovis. "I always brought plants in there — they don't have to be a treelike plant. Even just little bamboo plants that you water once a week work. They grow easily and bring colour and light into the room."

## Get clever with space

Your tiny room will get crowded quickly if you don't use your space efficiently.



HGTV's Sebastian Clovis

"You've got to be smarter and everything needs to be space efficient," said Clovis. "So you want to bring in something to play music, it has to fit on a shelf. Look for systems that are slim-lined and have good space economy."

Ditto your storage — look for boxes that slide under your bed (if the design allows) to tuck lesser-used items away. Also hang a shoe rack on the back of your door or inside your closet to keep shoes off the floor, or for other, more creative purposes: "I hung a shoe rack on the back of the door and put my washing kit and things like that I needed to access. Then when you close your closet, it closes away with it."

## Privacy please!

How to get some space to yourself when sharing a room with a roommate? Clovis offers up a stylish solution: a room divider.

"Bamboo dividers move into any shape you need and you can put it away when you don't want the room to be divided," he said. "It's not a total room divider, but it'll give you that little bit of privacy you need."

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# Live harmoniously with roommates

STEPHANIE  
ORFORD  
For Metro

Messy roommates, all-night study marathons, instant-noodles for breakfast: these concepts are very familiar to most university students, especially if they're living in residence.

Strong communication is the key to living in harmony with one or more roommates, says Stephanie Deakin, president of Professional Organizers in Canada and owner of Re:organized Professional Organizing in Victoria, B.C.

Here are her guidelines for sharing your space:

### Communicate about your organizational style

"You've got to talk about what works for you and what doesn't," says Deakin. "Be honest about your styles."

Don't wait until there's a problem to talk about your expectations. Make them clear off the bat.

"It's about saying it, not just hoping for it and being angry and resentful when it doesn't happen," she says.

### Establish what is personal/shared space

Conflicts often occur in cohabitation situations because one person considers a space or possession to be private, while the other roommate thinks it's shared, explains Deakin. Go through your shelves, fridge, storage space, appliances and so on and decide what will be private and what you're OK to share.

### Agree who will do what, when

Sit down and hash out what chores need to be done, who will do each and what the

deadline for each will be. Be as specific as possible, making sure to define what each chore entails.

Create specific tasks such as "Wipe the bathroom counters with cleaning spray every Friday before the end of the day."

### Make compromises

Recognize that we're all different. "If I like things way tidier than you do, that doesn't make you a bad person," says Deakin. She suggests agreeing upon a minimum standard that is acceptable to both. If one roommate wants to clean further, they can.

### Write it down

Keeping a record of your agreement will help hold everyone accountable and resolve confusion and misunderstandings in the future.

### Tips for a shipshape dorm



- **Keep your stuff off the floor.** A floor clear of clothing, books, shoes, etc. is much easier to clean.

ing, books, shoes, etc. is much easier to clean.

- **Compartmentalize your things.** Containers look neater than loose items and make it easier to find your possessions.
- **Try bed risers.** These removable blocks raise your bed about two to six inches, creating storage space below.

ating storage space below.

- **Use your suitcase.** It's a perfect container for longer-term storage.
- **Think multi-functional.** Reducing your number of single-use items saves space. For example, make popcorn in a pan rather than using a popcorn popper.

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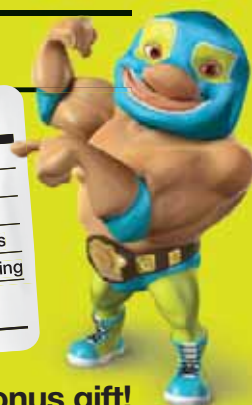
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# Depression, it's for real

**Dealing.** Don't be afraid to reach out to a friend, or even a classmate, if you don't feel very well

JANE  
DOUCET  
For Metro

University and college students fall into the highest-risk age group for mental illness, including depression. It's not a fact to take lightly — in Canada, suicide is the leading cause of death in youth after motor vehicle accidents.

In a 2012 Queen's University survey, more than 30 per cent of student respondents reported average stress levels, 40 per cent reported above-average levels, and 20 per cent reported tremendous levels. The consequences of this stress included mental health problems, decreased academic performance, ill health, and missed school or work.

"One in three post-secondary students are so depressed that they can't function properly," said psychologist Marriam Abou-

El-Haj, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax.

If you have concerns about a roommate's or friend's behavioural changes, act on them. Most important is being able to recognize signs of depression: depressed mood for much of the day that could include crying; loss of interest in things the student used to enjoy; changes in sleep patterns or appetite; agitation or restlessness; poor concentration; and difficulty making decisions.

If a combination of these signs appear nearly daily over a two-week period, depression could be the cause. Pay close attention to any statements of hopelessness the person makes, such as "I don't know how much more of this I can handle."

Even if your roommate is a stranger, Abou-El-Haj advises asking if something is wrong.

"You could say, 'I've noticed that you've been a bit down and you haven't been hanging out with your friends — is everything OK?' to open up a dialogue," she said.

If the person says things are fine, but you're still worried,

## Facts and figures

A 2009 survey conducted at six Ontario post-secondary institutions found:

- Youth aged 15 to 24 are the most likely to suffer from certain mental disorders.
- Approximately 53 per cent of students indicated they felt overwhelmed by anxiety.
- The three most common factors identified as affecting academic performance are stress (38 per cent), sleep difficulties (26 per cent) and anxiety (26 per cent).

you could add, "If you ever want to talk, I'm here." However, a friend or roommate isn't qualified to be a depressed person's counsellor — that's where trained professionals on campus can help, such as a residence co-ordinator or a psychologist at a counselling centre.



Ask to talk to someone if you are feeling down. SHUTTERSTOCK

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# Tuition buys you more than a degree

**Student life.** Plenty of amenities for students right on campus — so take advantage

JON  
TATTRE  
For Metro

Many university campuses are sprawling mini-cities that can intimidate new students. But take the time to tour the campus early on and you'll reap the rewards.

Most universities offer orientation weeks for new students, which include campus tours and an explanation of the many services included in your fees. You'll learn where to find the career and co-op centres.

Financial services can help you handle your money, and study centres help you develop university-level learning skills.

You'll also meet lots of other new students and form bonds that can last for years.

If you've missed the big orientation week, check with student services about how you can get to know the campus during the semester.

Jeremy Brzozowski, manager of the student experience office at Carleton University, urges students to register for the fall orientation program.

He says it will open your eyes to a wider campus life, including varsity sports, concerts and student services.

An add-on package available to frosh includes an Ottawa RedBlacks game, tickets to the Ottawa Folk Festival and season's tickets to varsity sports competitions.

"It has a long-lasting impact. It promotes engagement beyond (orientation) week," he said.

Carleton University offers a "student clock" that goes through the school year so students (and their parents) know what to expect. Students can also get orientated online at Start.

carleton.ca. It offers live chats with other students and highlights particular supports for international students, transfer students or first-generation students.

Saint Mary's University offers a Society Expo where more than 60 campus and Halifax-area groups put up a stall to tell newcomers what they do. It also offers a volunteer fare to help get you involved in the community and build your résumé.

Check out campus radio stations, too, as they're often looking for volunteers (even those without broadcast experience) to help run the station and provide on-air content. Student newspapers also give you a chance to try out a career.

You may already be paying for a gym membership, so find out what that entitles you to. Free yoga classes? An evening swim?

Check it out to get on the right track for your first year.

## Scheduling

Remember that you'll have more free time in September than during the regular year, so don't overbook yourself with extra-curricular activities. Record your non-school activities in the same calendar as your classes and study time so you can keep an overview of your time commitments.




McGill University in Montreal is one of the oldest campuses in Canada. PHOTOS COURTESY OF MCGILL UNIVERSITY




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# Avoid crunch-time school stress

## Stay organized.

Deadlines! Grades! Research papers! It's a lot to handle for some first-year students

JANE  
DOUCET  
For Metro

Many students attending their first year of university straight from high school often find the transition to be a big adjustment. Since any type of uncertainty about what to expect can lead to stress, it's a smart idea to put good study habits in place from the first day of classes.

"One of the goals of a post-secondary education is to become an independent learner," said psychologist Joanne Mills, the director of counselling and psychological services at Dalhousie University. That means studying on your own time over and above the hours spent in class.

Mills advises that students treat their time at university



Does the idea of looming deadlines make you duck for cover? Minimize your stress and focus on your goals. SHUTTERSTOCK

and college as full-time jobs, which means aiming to put 40 to 45 hours a week into combined class time and independent study. Any space left in their schedule can be devoted to a part-time job or extracurricular activities.

There's no question that not

being organized contributes to stress. During the first week of classes, professors usually hand out a course outline that includes assignments, term papers, midterms and finals with their corresponding deadlines.

"To help keep track, students should write the dead-

lines on a four-month calendar and consult it daily," said Mills. "This will give visual cues for what's coming due."

To avoid pulling all-nighters, break down larger projects into manageable smaller pieces. For example, if you have a mid-term in six weeks on three text-

book chapters covering 300 pages, plan to read 50 pages a week. You can break that down further into 10 pages, five days a week. "You're more apt to do the work if you don't feel overwhelmed," said Mills.

If students start off the semester with good intentions

## Manage expectations

Dalhousie University psychologist Joanne Mills advises setting aside at least two hours of independent study (previewing or reviewing coursework) for every hour a student is in class. That means if you have 15 hours of class time each week, you'll need to spend 30 hours on independent study. "It's a good benchmark to manage expectations," said Mills.

but find they're getting bottlenecked partway through and feel stress rising, help is at hand. Depending on the campus, advice and support can come from professors, academic advisors, residence co-ordinators, peer mentors, writing centres, and counsellors.

"Students can learn good organizational habits even if they didn't study that way in high school," said Mills. "If they plan properly, they'll realize that good study habits reduce stress and they'll want to continue using this approach."

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New freedom sometimes means students substitute in junk food. SHUTTERSTOCK



Stock up on staple foods and try not to skip meals. SHUTTERSTOCK

# Unavoidable? Frosh 15 is no myth: Dietician

**Health.** Adding on a few extra pounds happens, but here's a few tips so it's not the 'Frosh 30'

ASTRID  
VAN DEN BROEK  
For Metro

Oh, the mythical "Frosh 15" a.k.a. that extra bit of weight

gain first-year university students tend to get once they start their post-secondary education. Unfortunately, it's not a myth, says Gina Sunderland, a Winnipeg-based registered dietician.

"You do gain at least 15 unwanted pounds in your first year of university — some of it makes sense and some of it is unavoidable," she said. "You're often less

active than you were in high school and have freedom like you've never had and the choices you make are different."

So what can you do? Here are five tips from Sunderland on how to ward off the Frosh 15.

## Create a treat budget

"All foods can fit but how much how often," said Sun-

derland. "Try and limit how often you're doing that super late night partying dining. You can make a note in your smartphone and it can help you decide how much and how often you want treats."

Sunderland suggests three treats a week works well.

## Stock up on staples

"That way, you can put together the simple, healthy meals," she said. "It doesn't have to be expensive. Stocking up on staples — a bag of whole wheat pasta, a bag of frozen veggies and a can of tomatoes ... put some shredded cheese on top." Other good staples include eggs, canned beans and apples or bananas.

## Don't skip meals

"People get trapped into skipping meals because mom and dad aren't around," said Sun-

derland. "That skipping can lead to buying chips from the vending machine down the hall. Even a moderately stocked cupboard can help you have a quick breakfast — an apple and a yogurt cup or a bowl of cereal."

## Don't drink your calories

"I'm amazed at how many kids go to class with a large double-double or pop," she said. "One can of pop consumed daily is about six cups of white sugar a month. So opt for a diet pop or make coffee in your own room — you can save the dollars and control what goes into the coffee."

## Avoid junk food 'deals'

Think that two-for-one pizza deal (hey! Leftovers for tomorrow, right?) Instead, it just gives you double the portion of unhealthy, fatty foods.

## Avoid getting sick

Come exam time, you're stuck in a roomful of people with a run down immune system, which is a recipe for getting sick.

"Load up on fruits and veggies that are loaded with vitamins and antioxidants. That's your natural defence," said Sunderland. She also suggests taking a 250 or 500 milligram slow-release vitamin C to boost that immune system.

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# Tips for first-year students to thwart homesickness

**Adaptation.** Stress from being away from home for the first time can affect your studies

JANE  
DOUCET  
For Metro

When university and college students move away from home and their established support systems of family and friends, it can be stressful. First-year students especially can experience bouts of homesickness, which can affect their studies.

Trent University, which has campuses in Peterborough and Oshawa, Ont., offers the following helpful ways to get over homesickness on its website:

- Stay on campus as much as possible your first month

## Pat a pet

In the 2012/2013 school year, a creative new Puppy Love program was added to residence life at Mount Saint Vincent University. Once a week, licensed therapy dogs

from St. John Ambulance are brought into common areas in residences to help students deal with homesickness and stress. Other universities and colleges offer a similar service.

of school. New friendships get made at this time, and it's harder to get involved and meet people in October if you've gone home every weekend in September.

- Approach one new person on your residence-floor hall each day and try to get to know them. You'll be surprised at how pleased other people are to be noticed by you, and you may discover someone you'd like to have as a friend.

- Suggest that a group of people from your residence-floor hall go to supper at

the cafeteria together. Your floor might develop a habit of going down to supper at about the same time each evening.

That way you'd know there would be friendly faces in the cafeteria, even if you were running late some evening.

- Volunteer for a project, job or club on campus if you have time. Having some responsibilities can make you feel connected on campus.

- Try to "get up and get going" even if you aren't feeling enthusiastic. Some-

times the feelings follow the actions, and withdrawing in your room may make you feel worse.

- Instead of going home for the weekend, discover some fun things taking place on campus, then tell friends or family about your discoveries.

- Talk to your roommate or a trusted friend about feeling homesick. You might hear how they're coping with theirs.

- Remember that it takes time to develop friendships. Be open to new people and experiences and friendships will form, but know that it won't happen overnight.

- Be patient. Leaving home and starting university is like swinging on a trapeze — it's scary to let go of one bar before you've firmly grasped the next one, but it does get easier with practice and over time.



It takes time before you feel comfortable away from home. But be patient and soon those emotional calls with your parents will turn into calls for cash. SHUTTERSTOCK

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# App'd to handle it

**Tech.** A guide to find the best apps to keep you focused and organized this year

MIKE  
YAWNEY  
For Metro

Attending college or university for the first time can be daunting. Fortunately, students can use their smartphones and tablets to give them an upper hand on adjusting to campus life. Here are a few great apps for new and veteran post-secondary students.

**Allrecipes — free (iOS, Android and Windows)**  
Students shouldn't have to live off noodles and canned meat. The free multi-platform app not only gives students suggestions on what to make, it also provides video walkthroughs for many recipes. The shopping

list feature lets them make a list of needed items, then cross them off at the store.

**iStudiez Pro — \$2.99 (iOS)**  
Stay organized this school year with this beautifully designed app. Help track your deadlines, plan homework and schedule an entire day from an iPhone or iPad.



Threes!

The built-in GPA calculator helps you monitor results, keeping you on track to ensure there are no surprises at the end of the semester.

**Evernote — free (iOS and Android)**  
Never worry about leaving a laptop or tablet full of notes at home again. Now you can always have your notes with you with the Evernote app. Take notes with photos, graphs, audio, and video, and the app automatically stores everything in an online account, which can be accessed on most iOS and Android devices. The best part is this highly useful app is free and ideal for broke students.

**SelfControl — free (Mac OS)**  
It's easy to get distracted by social media, email and viral

video sites while working online. This ingenious Mac application blocks all those distracting websites. Create a list of websites you want to block, launch the app, and watch as it prevents you from visiting them. The websites are blocked even if you delete or restart your computer. For many, this may be the only way to ensure they get your work done with little distraction.

**Circleof6 — free (iOS and Android)**  
Safety on campus is a concern for both students and parents. This app allows you to invite six people into your circle of friends. If you are walking home alone at night or meeting someone new for the first time, you can send a customized "come and get me" message along with a map showing exactly where you are. Sending a message only takes two taps on the screen.

**Dictionary.com — free (iOS and Android)**

More than just a dictionary. This updated app shows words trending in your area and will help you learn the lingo of your campus, making it perfect for those study-



Evernote

ing abroad for school. As an added bonus, downloading this app gives users access to Thesaurus.com. The app works offline, even when no Internet connection is available.

**Threes! — \$1.99 (iOS and Android)**  
Every student needs a break from papers and studying. Threes! is a quick pick-up-and-play puzzle game that will have you coming back for more. The simple game challenges you to match numbered tiles in multiples of three. A simple concept, yet so addictive. Once you start playing, you'll be challenging your friends to see who wins.



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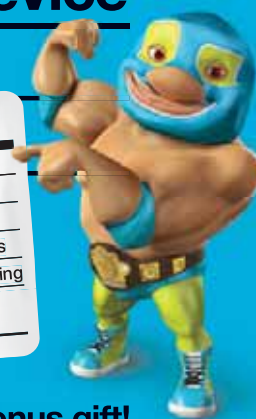
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# Draft up your budget early

## Money breakdown.

Do some financial planning by comparing savings and expenses

JON  
TATTIE  
For Metro

Earning a university degree barrages students with new tasks and responsibilities, and budgeting often falls off the to-do list. But experts say a good plan built in September could save major money problems in December.

Bronwyn Rice, a loan administrator at McGill University, says the first step is adding up all of your expenses.

"If a student has never operated a budget before, I would suggest that they

start by defining their project, in this case studying full time," she said. "The student should then ask and answer questions regarding the cost involved to complete the project and where the money will come from to pay for it."

Those questions are:

- How much are tuition and fees?
- What about books and any special equipment or supplies?
- How much for rent?
- What about utilities and other expenses like food and clothing?

Now that you have your outgoing money, think about incoming money. How much have you saved? Do you have funds in an RESP you can access? What about scholarships, awards and bursaries? Do you want

## Scholarships

In addition to working at a paid job, students should hire themselves to research scholarships and bursaries. Check out your school's website and sites including Studentawards.com and ScholarshipsCanada.com. Ask parents and grandparents to look into work-related awards available to family members. Ask community groups or religious organizations you belong to about academic prizes for university students.

to take out loans? Getting a part-time job will bring in money, too.



It's easy to blow a budget on things like eating out, shopping and going out at night. SHUTTERSTOCK

"Finding the answers to these questions will need a bit of time investigating school websites, and social media," Rice said.

Now, create a budget so the incoming and outgoing amounts work together. Rice says most students do this for the length of an academic year — eight months.

"The student will now

have a basic plan. When the costs are compared to the amount of resources available, the student can see if there will be sufficient funds to cover the perceived needs. Expenses may need adjusting or other sources of funding found to make the budget balance," she said.

The most common area of overspending is not core

items like tuition and rent, but fleeting things like eating out, buying clothes and having a night out.

"Because these expenses were mostly covered by parents and/or part-time job income, there were no boundaries. Once a student has to create a spending plan, money needs to be spent more wisely," Rice said.

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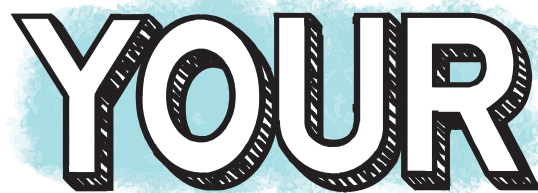
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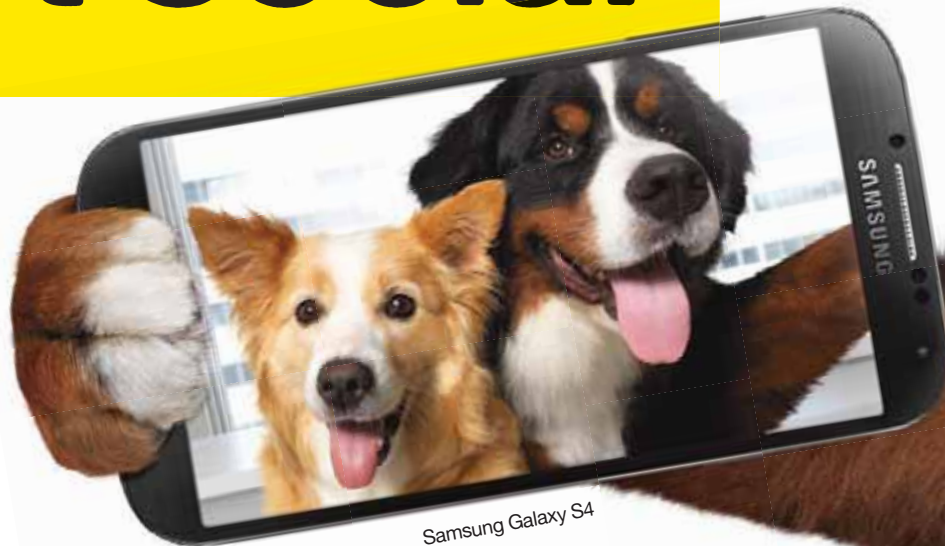
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Ebooks



## Joni Mitchell: In Her Own Words

By. Malka Marom

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### MIND THE APP

Kris Abel  
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A good conversation should have all the time it needs. This collection of audio and printed interviews between singers Marom and Mitchell has that comfort, allowing for Joni's engaging candour to come through about her Saskatchewan childhood, working relationships and personal contradictions.

The Simpsons

## Did NHL get crusty over Cup slight?

There are hockey fans in The Simpsons' writers' room but apparently the NHL felt a joke that soiled the Stanley Cup went too far.

In the episode The Last Temptation of Krust, Krusty the Clown drinks out of the Stanley Cup, and then promptly vomits into it.

Producer Mike Scully says the show received a nasty letter from the NHL after the episode aired, but chose to ignore it. Scully has been tweeting behind-the-scenes memories while a Simpsons marathon airs in the U.S. **THE CANADIAN PRESS**

# Avoid the catfish when looking for love online

## Soulmate or scam?

Nev Schulman's book offers advice on how to detect the liars and fraud artists lurking on dating websites

EMILY  
LAURENCE

Metro in New York City

Catfish host Nev Schulman wants you to know it's not them, it's you.

In his new book, *In Real Life: Love, Lies & Identity in the Digital Age*, Schulman explains that the key to establishing a long-lasting bond is to take a look inward.

Tricks such as a Google image search and knowing that a Facebook account with only 12 friends is a red flag help, but Schulman says there's way more to it than that.

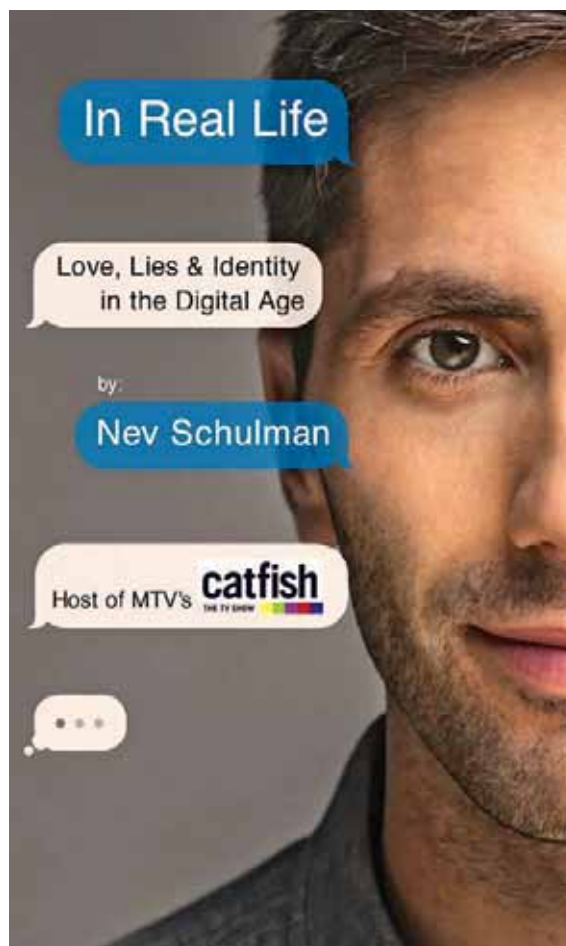
Hence the new book. We talked to Schulman and share his best words of wisdom here.

Whether you are searching for love online or in person, they are tips you can take to heart.

### Be aware of your soft spots

"It's not what to look out for in other people. It's what to look out for in yourself," he says.

"Getting catfished isn't about someone being a really good liar or Internet user. It's about being vulnerable, and perhaps unsatisfied or insecure, and somebody taking advantage of that."



In his new book, *In Real Life*, Nev Schulman shares the tricks of the catfish trade — people who lie about themselves on dating websites. CONTRIBUTED

### Don't fake it

"We all have doubts, fears and insecurities in our happiness. When you hide that from other people, you're

also kind of hiding it from yourself," Schulman suggests.

"If everybody goes around pretending to be the happy, fulfilled version of them-

### Quoted

"It's not what to look out for in other people. It's what to look out for in yourself."

Nev Schulman, author and host of the MTV series *Catfish*, on how to avoid online dating scam artists

selves and ignores the truth about things they're feeling, then we're all participating in the same game of not really connecting in a meaningful way or being open and honest with each other."

### If you're looking for love online, meet as soon as possible

"If you're looking for a relationship, using the Internet is great, but it should just be a means," he warns.

"The trouble is when you go online as a distraction, or without any clear intention or specific goal. That's when you get into trouble."

### Real relationships take work

"I think we all sort of subscribe to this fairy-tale version of how love conquers all and how once you find your soulmate, everything falls into place," Schulman points out.

"That's just crazy. It doesn't work like that."

"I think we've become disillusioned that we will find the perfect person now that we have online dating, and that it won't take any work and compromise, but it does, no matter what."

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# Basement Jaxx find their 'thing' is happy sounds

**Junto.** For years the duo struggled to find something that defined their act; their new album may do just that

Basement Jaxx aren't usually associated with restful breathers.

But the high-energy British electronic dance innovators have in fact been more or less dormant the past five years, the longest break between full-length recordings of their long career.

Over that five-year span, the pair watched from the sidelines as EDM exploded — and as longtime friends and cohorts in the chrome-plated pair Daft Punk mined platinum records and Grammy gold.

Such headlining success has eluded Basement Jaxx over their 20 years together. The pair has won a Grammy, but never the Grammy, and they've had hits — most notably 2001's adrenaline rush *Where's Your Head At?* — but they've done so somewhat anonymously, with a tough-to-pin-down sensibility

dedicated to globe-trotting and genre-hopping.

It's led to joyously spontaneous creations like their latest album, *Junto*. But their lack of a defining visual or aural esthetic might have hurt the duo when it comes to building a mass following.

"It hasn't helped us at all," said Felix Buxton during a recent promotional whisk through Toronto. "It's just, like, made people confused. 'I thought Basement Jaxx was some black girls. Who are Basement Jaxx anyway? Because I've seen a couple videos of different people in different styles on different songs.'

"From a marketing point of view, it hasn't helped us at all."

"As far as a picture or photo," chimed in partner Simon Ratcliffe, "yeah, some helmets or something —"

"Would help," finished Buxton.

"Would *really* help," agreed Ratcliffe.

Indeed, marketing dance music to American audiences seems to succeed most often when a hit tune is tethered to something tangible, like an engaging singer or an outsized



Felix Buxton, left, and Simon Ratcliffe — a.k.a. Basement Jaxx — have just released their new album, *Junto*. THE CANADIAN PRESS

gimmick (Daft Punk's robotic getup; Deadmau5's various headwear).

In 2009, the duo unleashed an avalanche of material in a way they describe as somewhat haphazard.

The separate albums *Scars* and *Zephyr* amounted to nearly 85 minutes of new music. They also amounted to

the end of Basement Jaxx's recording contract with XL Recordings, and to hear the pair tell it now, there seemed to be some mutual fatigue fogging that relationship.

"The *Zephyr* one we actually initially stuck on with *Scars* (as a double album), and the record company said, 'Don't do a double album be-

cause that's a bit Spinal Tap. You're going all progressive. People will definitely not be interested,'" recalled Buxton. "So we put that out afterwards, and I think we basically agreed that no one would market it or anything, but at least could it be available? That was all we asked. It can exist. That's it."

"It didn't seem to be fashionable. And actually after that, the orchestral album, (2011's) *Basement Jaxx vs. Metropole Orkest*, that wasn't marketed either, because that wasn't fashionable. "It was a time to not worry about fashion and what people wanted and just do some things."

So Buxton "moved house," read a book on feng shui and spent probably a month sifting through a roomful of vinyl and disposing of thousands and thousands of records. He assessed and tossed away knick-knacks and souvenirs accrued over 20 years of touring the world, and perhaps that process influenced the album's restless globalism.

Every track practically features its own style, marrying their pop house to sounds from Jamaica, Chicago, Brazil, London and Houston. As has been the case on experimental past efforts, some measure of cohesion is achieved because of a common mood, one of joy and optimistic adventure.

"(Music) seems pointless unless it's doing something positive," Buxton said.

THE CANADIAN PRESS



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A.C. Newman, left, and Kathryn Calder of the New Pornographers promote the band's new album. THE CANADIAN PRESS

# A pure explosion of upbeat pleasure

**New Pornographers.** Is Brill Bruisers the Canadian supergroup's best record yet? Carl Newman thinks so

Everything about the New Pornographers' new album seems designed to seize your attention, from the playful DayGlo cover to the sparkly, maximalist power-pop cupcakes contained therein.

Brill Bruisers is the Canadian supergroup's sixth album, another winner in a remarkably rock-steady run.

But in an industry built on riding the shiny and new, consistency can be confused for monotony — and after 14 years of precision pop craftsmanship, it's natural that mastermind Carl Newman would want to stand out.

"Our narrative — maybe it's just an old narrative and people are sick of it — but when you look at our band, we're not your average band," Newman mused during a recent chat. "It's like, Kathryn (Calder) is my niece. Look at everybody involved with it — the fact that Neko (Case) is in the band, or like, Destroyer's in the band ... Are we that boring of a band? It seems like we have a lot more going on than most bands do."

It would be fair to conclude that Brill Bruisers was infused with a new level of conscientious ambition.

It's a foghorn blast to the ear for anyone who might have become fatigued with the band and its steady goodness over its long run.

Although the group's past two records — 2007's *Challengers* and 2010's *Together* — allowed a hike to their highest yet peaks on the U.S. charts (the latter opened at No. 18), they were also relatively docile efforts, viewed to some extent as "mature."

That trend continued with Newman's mellow 2012 solo record, *Shut Down the Streets*. Reviews for the three albums weren't negative, but they were restrained.

That last album was borne from a time in Newman's life marked by the death of his mother and birth of his son (Calder's mother also died from ALS during this period).

So the pleasure explosion that is Brill Bruisers didn't happen by accident. Newman says he emerged from that time looking to make an "upbeat" record and was resolute in sticking to that goal.

"I think I said a while back that I didn't want any ballads on the record, and I think it was for that reason," said Newman. "Not that every song had to be really upbeat and rock-

## Quoted

"It's important to me that the music I'm making now is as good if not better than anything I've done before."

Carl Newman, New Pornographers, on the band's new album *Brill Bruisers*

ing, but I wanted the record to have a certain sound ... I just wanted it to have a very specific feel."

Asked if the arrival of his baby son has affected the way he works, he doesn't hesitate.

"I think it's made me try harder," he said. "You're working for something. And it makes me not want to rest on my laurels. Not that I did before, but I want him to grow up thinking, 'My dad is a musician.' I don't want him to grow up thinking, 'My dad used to be a musician.'"

"So I think it's important to me that the music I'm making now is as good if not better than anything I've done before."

Newman is confident Brill Bruisers meets that standard.

"It almost worries me — like, why do I think this record is so good?" he said. "Because I feel like it's our best record. And I feel like I never thought that before." THE CANADIAN PRESS

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Britney Spears and David Lucado ALL PHOTOS: GETTY IMAGES

## Britney splits with boyfriend, reaches out to bad-boy ex

In the wake of her split last week from boyfriend David Lucado, Britney Spears is reportedly reaching out to a questionable old contact. Sources tell Radar Online that despite supervision from her father, Spears has been secretly texting controversial ex-boyfriend Adnan Ghalib. Spears and

Ghalib dated in 2008 before she was placed under a conservatorship. In 2009, her minders obtained a three-year restraining order against Ghalib. "(Her dad) monitors Britney's cell-phone, but she found a way to secretly text Adnan," a source says. "They never really stopped talking."



Angelina Jolie and Brad Pitt

## It's a working honeymoon for Brangelina

Following their surprise nuptials, Angelina Jolie and Brad Pitt have taken their brood to Gozo, a small island near Malta, for a working honeymoon to film scenes for their new film, *By the Sea*, while they celebrate their union — and no one else is invited.

"A lot of people have agreed to leave the island so they can have privacy to film the movie," a source tells Page Six, adding that the couple has already paid as much as \$200,000 to local business owners to convince them to take a little vacation of their own.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Celeb nude pic leak: What happens in the iCloud doesn't always stay in the iCloud

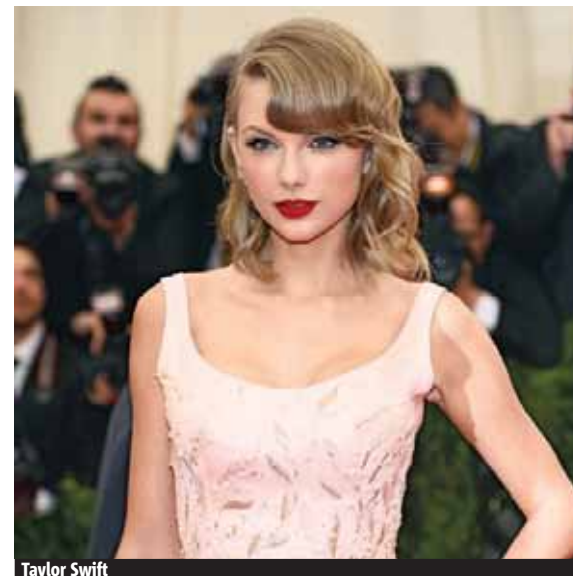
NED EHRBAR  
Metro in Hollywood

It's been a while since there was a celebrity nude photo leak, so some industrious and not-at-all-creepy hackers got together to unleash one doozy of a Labour Day weekend photo dump, posting images allegedly of more than 100 stars including Kate Upton, Kirsten Dunst, Ariana Grande and America's kid sister, Jennifer Lawrence. The images, reportedly culled from iCloud accounts, were initially posted to that bastion of online decency, 4Chan, before going wide on Twitter. Lawrence, for her part, isn't taking this lying down. "The authorities have been

contacted and will prosecute anyone who posts the stolen photos of Jennifer Lawrence," her publicist said in a statement.

Some of the hacking victims, like Grande, singer Victoria Justice and Olympic gymnast McKayla Maroney, were quick to dismiss the risqué images as fakes, but others confirmed their legitimacy. "To those of you looking at photos I took with my husband years ago in the privacy of our home, hope you feel great about yourselves," Mary Elizabeth Winstead tweeted. "Knowing those photos were deleted long ago. I can only imagine the creepy effort that went into this. Feeling for everyone who got hacked."

If nothing else, it's a poignant lesson in how hard it is to really, truly delete something online, especially from a cloud-connected phone. The Internet, after all, is forever. My own tactic for keeping safe is simple: Just don't be someone people would be interested in seeing naked. But I guess that's not very good advice for these ladies.



Taylor Swift

## Taylor Swift lends her talents to The Voice

Taylor Swift has signed on to mentor contestants for the upcoming seventh season of *The Voice*, debuting later this month, according to *Us Weekly*. Swift will offer her expert advice to singers on each of the four judge's teams, similar

to the role Chris Martin played last season. Other previously announced guest mentors for the new season include Stevie Wonder, Alicia Keys and Gavin Rossdale, who just happens to be married to judge Gwen Stefani.

## Let them buy cake ... for \$1,375 a slice

There are cheaper ways to get your hands on some dessert. A slice of cake from Princess Diana and Prince Charles' 1981 wedding was auctioned off to a member of a "passionate group of royal cake collectors" last week, according to the *Independent*. The winning bid? A mere \$1,375. For a 33-year-old piece of cake. Slices from Prince William's 2011 wedding are also starting to hit the auction block, though you'd think they'd be worth more the fresher they are.



Charles and Diana on their wedding day.

### Twitter



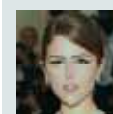
@JuddApatow

I have played tennis and it's not necessary to scream like you are having sex and being murdered while murdering someone to hit it properly



@lenadunham

The "don't take naked pics if you don't want them online" argument is the "she was wearing a short skirt" of the web. Ugh.



@AnnaKendrick47

Don't worry bro, it would just be photos of food and other people's dogs anyway.



# Get behind it: Butt lift yoga

Yogi Tara Stiles, owner of the Strala Yoga Studio in New York, shows us how to reshape and tone our backside. Do this simple five-step sequence up to four times a week.

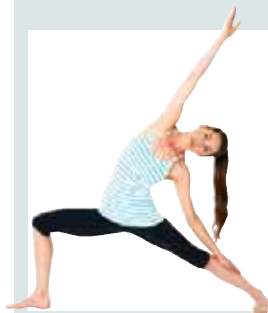
ROMINA MCGUINNESS  
Metro World News in London



From downward-facing dog, take a big inhale and lift your right leg up and back. Open your hips and shoulders and adjust accordingly.

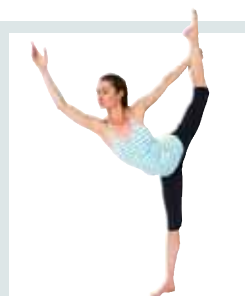


Exhale and step your right foot between your hands into a low lunge. Ground your left back heel and open up into a warrior II. Sink your hips and aim your front knee over your front ankle. Open your arms out to the sides and gaze over your front fingers. Hang here for 10 long, deep breaths.



Inhale and tip your torso back into reverse warrior.

Take a big exhale and crawl yourself out into a warrior III. Bring your fingertips in front of you and lift your back leg up.



Roll up to stand and hug shin in to torso to get into dancer. Relax knee toward ground. Hold foot with hand and gently press foot into hand, extending opposite arm upward. Hang here for three long, deep breaths and go back to downward-facing dog.

3  
LIFE

TOP  
**SIX@6**

Weeknights at 6 Kat counts down the HOTTEST songs of the day

6 Meghan Trainor  
All About That Bass

5 Jessie J, Ariana Grande and Nicki Minaj  
Bang Bang

4 Taylor Swift  
Shake It Off

3 Becky G  
Shower

2 Charlie XCX  
Boom Clap

1 Halsey  
Heaven In Our Headlights

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As a special end-of-summer gift to our readers, Metro brings you the first chapter of *The Afterlife of Stars*, the newest book by award-winning author Joseph Kertes. Over the next four days, we will be introduced to the Beck brothers, two young boys grappling with the world around them as Russian tanks roll into Budapest during the final days of the Hungarian revolution. In **Part 1** of four, we meet Robert and Attila Beck and their family.

# The Afterlife of Stars

On October 24, 1956, the day I turned 9.8, my grandmother came to take me out of school in Budapest's 6th District. We were in the middle of reviewing decimal points because of a mistake a girl in the class named Mary had made. Other parents and grandparents were arriving too with the same aim, although no one had come yet to get my friend Zoli.

My grandmother gripped my hand as we made our way down Andrassy Avenue, but a crowd had formed at the Oktogon, blocking our passage. A tank stood in the street with a bold red star shining on its flank. We saw Russian soldiers, but no one was looking at them. Everyone was gazing up instead at eight Hungarian soldiers, one hanging from each of the lampposts. My grandmother pulled hard on my arm, but not before I was able to join the lookers.

A couple of the Hungarians had stuck out their tongues as they dangled — one seemed to be smiling, four wriggled and bucked, and the one nearest us, straight above my grandmother and me, looked down at us with evergreen eyes, but there was no anger in the eyes, or even light.

Klari, my grandmother, breathed into the crown of

my hair, sending hot tendrils down over me. "Come, please," she whispered. I shuddered.

The crowd was quiet. Even the few people who were sobbing were doing so silently, swallowing the sound. And then we heard from a little way down the street what I thought was an orchestra and a singer, a soprano, singing a sad song. I looked around us as my grandmother turned me toward the sound. "It's a record," she said. "From over there."

We spotted an open window above a lacy café a half block away, the white tongue of a curtain fluttering out from the window. "A record?" I asked.

"Yes, a phonograph record," Klari whispered again, steering me onward. "It's Mozart," she said, "his 'Laudate dominum,' I think. 'Praise the Lord,' it means. I wonder why they would play that now."

"Because they like it," I said.

"Yes, of course. Because they like it. Mozart wrote some moving songs."

"Did you see the man's hair?" I turned back toward the Oktogon, toward the dangling men.

"Whose?" my grandmother asked me.

"The man with the green

eyes." She looked with me, but just for a second. The man's auburn hair was parted and brilliantined so that it shone even at this distance. "Do you think he combed it for someone?" I asked.

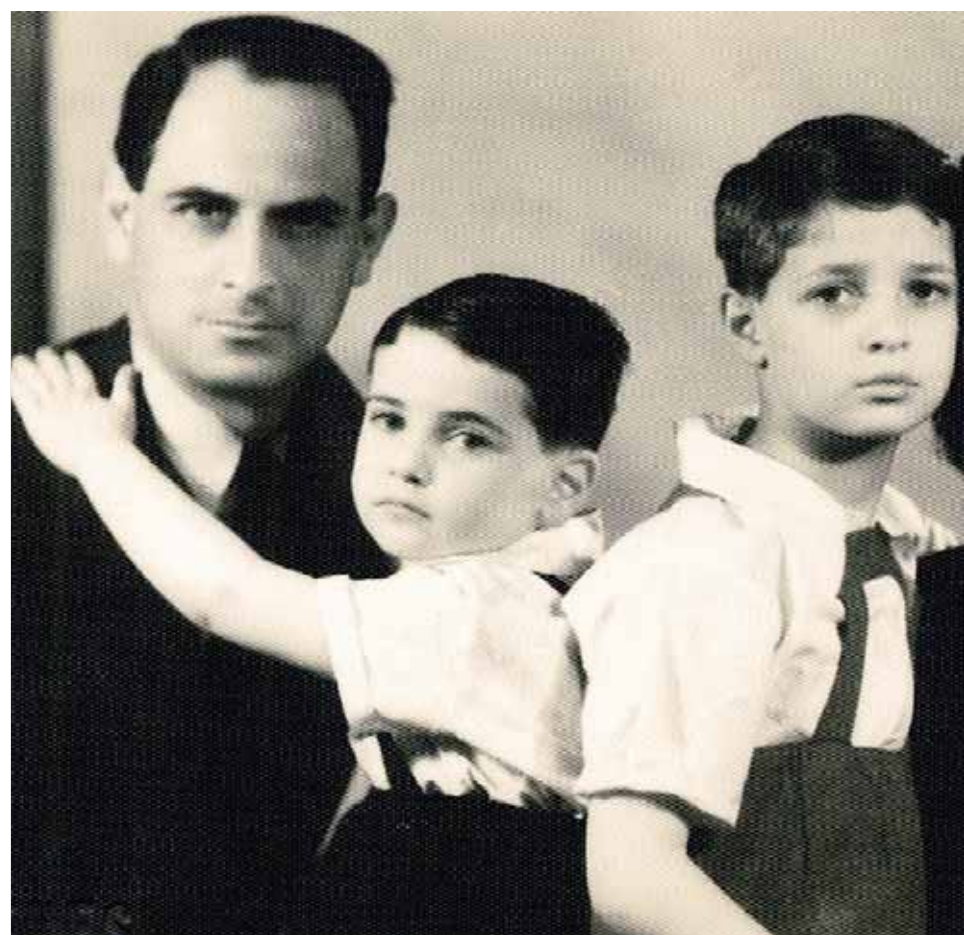
"I don't know," Klari said. "His sweetheart, I suppose." I thought my grandmother might cry, but instead she said, "Now, please keep moving, my dear. We'll have cake. Let's have cake, at Gerbeaud Café."

"Now?"

"Yes, now. Let's have a treat. You can order anything you want. I know you want poppy-seed strudel."

She took me all the way to Vorosmarty Square. The cobblestones made me think of a great house lying on its side. From the top of the building opposite, two Russian soldiers, both sturdy women, unfurled a canvas sheet so big it covered a side of Kossuth's Department Store from roof to sidewalk. It was a vast portrait.

"Look, it's Papa Stalin," I said. I knew him right away from the picture above the clock in our classroom. He had the same smile and mustache, a mustache that was three times as impressive as Hitler's, which was little more than a black checkerboard square. I found myself smiling back at the giant



A not-yet-three-year-old Joseph Kertes is shown being held by his father, Paul, in Budapest in 1954. His mother, Hilda, is holding his older brother Bill, who was called Bela at the time. CONTRIBUTED

face, like a circus face.

"Please," my grandmother said, giving my arm another tug. "He came to liberate us, the great father," she said under her breath, "but he forgot himself. He forgot to leave. They forgot to leave. Come, Robert, please." She was pulling hard on my arm now.

I was as excited about poppy-seed strudel as I was about Kaiser Laszlo, Gerbeaud's monkey in a golden cage. He squealed as soon as we walked in. I think he recognized me because I'd fed him some apple cake last time. If I were the Kaiser, I'd recognize everyone who fed me cake. He was wearing a bellman's blue cap and vest. He tilted his head in an appealing way and held out his little hairy hand.

As we got comfortable, I felt warm, as if we'd come in out of a storm. The waiter placed our sweets and cocoas in front of us. Klari took out her compact and mother-of-pearl makeup case. I watched, dazzled, as my grandmother, like an artist, applied some lines and clouds, borders and dots. Once done, she fished out her monogrammed silver cigarette case, removed a cigarette from behind the little garter and tapped the end on the case before lighting it. I was just breaking off

## On the shelf

### Get the book!

• Joseph Kertes' *The Afterlife of Stars* (Penguin Canada, \$22.95) goes on sale today and is available in bookstores across Canada!

• Look for Kertes' other novels: *Winter Tulips*, *Boardwalk* and *Gratitude*.

### Win a copy

• Are you a fan of Joseph Kertes? You could win a signed copy of *The Afterlife of Stars*. For full contest details and to enter visit [clubmetro.com](http://clubmetro.com).



a corner of my strudel for the Kaiser when the manager walked to the middle of the busy café, clapped her hands sharply and called out to us, saying we all had to go. She was very sorry. The café was closing for the rest of the day, but we could take our cake with us. The waiters brought linen tea cloths in which to wrap up our things. For a moment I thought it might have been the cake — they'd run out of cake — but the glass cases were full of colorful sweets. I spotted a colony of marzipan goblins and other figures. Our waiter brought

me one of them, a marzipan monkey with a cap like the Kaiser's.

A woman in a long mink coat brushed by us, trailing the scent of mothballs. For the longest time, I had thought that this was the scent of mink. I knew better now, but I wondered if moths went after actual minks or just mink coats.

The woman paused by the door to look back at us but then peered down at her own feet. She wore black patent leather shoes with very high heels and sharpened toes. They were pointing at





Joseph Kertes is the award-winning author of *The Afterlife of Stars*. IAN CRYSLER/FOR METRO

on the sofa eating an apple. "We're leaving altogether, my lambkin," he said to me.

I sat down beside him. "Where are we going?"

He was chomping away but said, "West. We're going to the Wild West. You'll need your cowboy hat and spurs."

"Why?"

He was acting as if he knew but wasn't telling, so I said, "I saw the hanging men."

His face fell open. "What do you mean?"

"From the lampposts."

He turned his Arctic blue gaze on me. "Which ones?"

I crossed my arms. "On Andrassy," I said. "At the Oktogon." I pictured the man with the green eyes and nicely combed hair. As if to protect the secret of this man, I said, "Some of the men had their tongues sticking out."

Attila jumped to his feet. "That is not what happened. You did not see hanging men, and they do not stick out their tongues. I know that for a fact."

I shrugged. "Ask Mamu."

Attila ran off to get our grandmother, and I could hear him yelling out questions at her. When he came back to me, he had whitened.

His blue eyes looked like marbles dropped in snow. He looked as if he wanted to strangle me. He glared, slapped at the arm of the sofa. "Are they still there?"

"What?"

"Are they still hanging there? *Shit.*"

He ran out to the balcony, climbed onto the railing to peer out over the bronze head of Mor Jokai, the old Hungarian writer, whose statue sat at the top of our

street, keeping watch over it. Attila turned toward me with his icy look. Then he flew back past me to our bedroom, slamming the door behind him.

That night, as we got ready for bed, my brother looked inside his pajama bottoms—he did quite a study—and then he raised his arms, flexed and turned toward the mirror, admiring the muscles and then the hairs sprouting from his armpits. "We are experiencing the balding of the world, my small brother." He tugged on a couple of the hairs. "These tufts are the last bits of hair left to us. But notice the apes are having none of it. They probably know something we don't."

"What?" I asked.

"I told you, it's something we don't know."

"How do you know it's anything, then?" I said.

Attila sighed heavily but then moved on immediately, which was his way. He peered down again into his pajama pants. "I would have made sperm a brighter color," he said, "if I had been the Lord God, Creator of the Universe."

"What color is it now?"

"You don't know?" he asked, smiling broadly. I shook my head. He said, "Do you want me to bring some forth for you to see?"

"No, I don't."

"It's a drab pearly cream color. It doesn't say how important it is, how exciting, how it makes babies, humans, soldiers, beauties, love, courage, heroism." The image of the hanging men shot through me, this time the ones with their tongues

would keep his tongue in his mouth, just to prove his point.

By the time I switched off the lights, Attila was asleep. He always fell asleep right away, even when our grandmother told us stories. Now I listened as she and our parents spoke quietly but heatedly in the living room. "We'll go to Nebraska or Utah," my father said. Now he turned on his loudspeaker voice.

"We'll become Mormons. I want to become a Mormon, try on something new." I could hear him creaking back and forth over the floor. He stopped. "We'll go to Canada. Why not Canada?"

I recognized the word *Canada* because my father's cousin Peter lived there.

"What are you talking about?" my mother asked. "And please keep your voice down."

My grandmother said we should go to Paris first to visit her sister Hermina. It would be a good place to start.

"We'll visit Paris," said my father too loudly. "We're not staying in Paris."

"Why don't we wait to see?" my mother asked.

"Because we've had enough here," he said. "Have you not had enough of Europe?" He was blasting out his thoughts now. "We've had enough of the old bitch. Europe is a failed experiment—it should be paved over and turned into a parking lot."

"Simon, please," Klari whispered. "You would not have said that if your father were still around."

"He's not around. He is resting at last."

"Do you consider that a good thing?" his mother asked.

"It works for me."

"Simon," my mother said. "Why do you always have to go too far?"

"Here's what I know," Klari said. I could hear her huffing. She might have gotten to her feet. "I know that nobody knows anything. And some of us know nothing with greater certainty than others."

No one answered. There was some shuffling of feet and some clinking of glasses, but they went quiet soon after.

In the darkness, I watched the bar of light at the foot of our door. It floated up like a wand into the ceiling. When the living room lights finally went out, I waded through the black milk of the night. I saw the green eyes of the hanging man up ahead in some woods, like the eyes of a woodland creature. I heard music—drumming—from the window and thought of Kaiser Laszlo, deprived all afternoon of his usual

morsels. But it wasn't drumming. It was pounding. Our bedroom windows rattled in their casements and lit up as bombs fell in the distance, their sound muffled, as if I were listening to them through my pillow. I counted the seconds between the flashes and the sound, the way Attila and I did with thunder and lightning, to see how far away it was. Then the hanging man's eyes floated up again, greening over my sleep.

As Attila and I got dressed the next morning, it felt strange not to be going to school. It felt like a holiday, but not a festive one. My father's cousin András and his wife, Judit, were over, and the whispering continued until Attila and I joined them. They were sitting in the kitchen having tea and walnut cake. Judit was as pregnant as could be and panted as she shifted this way and that. She seemed too small and slight to have all that baby stuffed inside her. Judit had a copper glow about her in the lamplight and a constellation of copper freckles, which shifted with her big smile. She gave me a hug and kiss and smelled of the sweet powdery scent of a baby herself. She said, "I hope I have a child as beautiful and smart as you boys."

"You should be so lucky," Attila said, as he reached for a cup and panted extra hard in imitation of Judit.

Judit wanted me to sit in her lap, but I said I was too big. "You're not," she said.

"He is, my sweetie," my mother said, smiling. But Judit had already pulled me down into her lap and thrown her arms around me. Everyone was smiling then as things seemed to swirl around us.

Judit said, "I just want a good child, a kind one."

"Oh, is that all?" my brother said. He had poured himself some espresso and was adding ten spoons of sugar.

"Yes," was the answer. Judit had a determined look in her eyes.

"Mamu and I saw people hanging our soldiers," I told her. "Russians."

Judit loosened her grip on me. "Oh, my dear Lord," she said. "Oh, dear Lord. My poor young Robert." She held my face by the temples, looked me in the eyes. "There are good people and there are bad people, but the worst people are the ones who think they are good when they are in fact bad, evil. They would seat themselves right next to the Lord in heaven."

FROM: *THE AFTERLIFE OF STARS* BY JOSEPH KERTES. COPYRIGHT © JOSEPH KERTES, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

Online only

We have more on *The Afterlife of Stars* at metronews.ca

- **Video.** Metro columnist Richard Crouse interviews Joseph Kertes about his new book and the creative process.
- **Author talk.** Have a question for Joseph Kertes? The author will host a live online chat Thursday, Sept. 4 at 1 p.m. EST. You can submit questions in advance at metronews.ca.



out. Attila was still talking. "The color says nothing, or it says it is nothing. Blood is red. It makes declarations. It says alarm; it says *I am the living stream*. But sperm does not. It is drab and poorly designed, or at least poorly decorated. 'Give it something more,' I would have said to the Lord. 'Color isn't everything. Give the little sperms horns, or feathers.'"

"Feathers?"

"Or full wings. Just fly through air. Right now, the slithery bastards swim upstream. Give them wings. Give them noisemakers, or little voices, so that all together they could sound like a mob storming the gates."

Attila got into bed. I was still sitting on the edge of mine, waiting for more, I guess. I was staring at him, at the back of his golden head, his slender white neck. I was sure that with a noose around his neck my brother



Health Solutions

## Get peeling because it's totally worth the effort



**NUTRI-BITES**  
Theresa Albert  
DHN, RNC  
myfriendinfood.com

Fresh peas are a pain in the pants to peel. I totally agree, OK? But are they ever worth it!

They are almost done for the season, so now is the time to make use of them. They really do deserve at least one very good run.

(If you are really time-crunched, go right ahead and buy them shelled and packaged because frozen is just not the same and will soon be all you can get.)

Green peas are so ubiquitous that it is easy to forget

they are a member of the legume family, which has been shown not only to reduce cholesterol but also to be high in antioxidants.

Vitamin K, beta carotene and a boatload of minerals come with every mouthful, but a half cup is only 60 calories.

Peas are great simply poached for two minutes and then tossed with garlic, salt and olive oil.

Anything else is just gilding the lily.

The trick is to cook them as little as possible until they turn bright green.

One minute longer and you will end up with a greyish, mushy mess that may as well have come from a can.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



# Go green for dinner with Easy Fresh Peas and Kale Soup

**Vegan.** All you need to make this delicious soup is a few basic staples and 15 minutes

**THERESA ALBERT**  
myfriendinfood.com

## FLASH FOOD



From your fridge to your table in 30 minutes or less

### Ingredients

- 1 onion, chopped
- 1 tbsp fresh chives, oregano
- 1 tbsp butter or olive oil
- 1 litre vegetable broth
- 2 cups fresh peas
- 5-6 cups baby kale
- 2 cups pistachio nuts
- 1 cup grated cheese (optional)



**START TO FINISH ABOUT 15 MINUTES**

This recipe serves four. THERESA ALBERT

This late summer soup uses the best of the crop: fresh peas and baby kale. It's a vegan soup that will demolish that summer indulgence feeling. It takes 10 minutes to make bowlfuls of pleasure as an entrée with pistachios and/or cheese.

1. Chop onion, chives and oregano. Melt butter in pot and add onion, sweat for 3 minutes over medium high heat.

2. Add broth and bring to a boil, stir in peas and simmer for 3 minutes. Stir in kale and

simmer for 2 minutes, add chopped herbs.

3. Use a purée wand to blend and top with shelled pistachios and cheese, if using.

**THERESA ALBERT OF MYFRIENDINFOOD.COM**



welcome to the *island*

2014 marks the 150th Anniversary of the Charlottetown conference, the meeting that led to the birth of this great nation. And what Celebration isn't complete without a grand meal. PEI Fall Flavours is a month-long culinary extravaganza. Join celebrity chefs this September as they host events featuring the delectable flavours PEI is famous for. This fall, come for the food, but make a point to stay for the party.

For more information visit [onlyinPEI.com](http://onlyinPEI.com) | 1.877.445.4549

### Fall Flavours Signature Events:



#### Feast & Frolic September 18th Charlottetown

Bring your a-game and expect lots of interactive flavours and fun as Chef Michael Smith rolls out an evening of hijinks and hilarity at the beach!



#### The PEI International Shellfish Festival

September 19th–21st Charlottetown

A celebration of the seafood that put PEI on the map. With demonstrations, live music and all the shellfish you can handle. This is the event for seafood loving foodies.



#### Toe Taps & Taters September 26th

Canadian Potato Museum, O'Leary

A down home, authentic PEI celebration with dishes inspired by world famous PEI potatoes. It doesn't get more "Island" than this!



#### Chef on Board September 27th

Northumberland Ferries, Woods Island

Take to the waves of the MV Confederation for a magical starlit cruise as the ferry is transformed into a floating banquet hall.



The Gentle Island

Fall Flavours packages for 2 from only \$225

Culinary experience packages to satisfy your palate for authentic Island flavours including accommodations and tickets to signature events.



**Must-win race**

## Stewart still has shot at the Chase

Tony Stewart has one final shot to make the Chase, and it's not a very good one: He must win Saturday night at Richmond, where he last visited Victory Lane in 2002.

He sat out three races after his sprint car struck and killed Kevin Ward Jr. at a New York dirt track on Aug. 9, and his return to competition Sunday night at Atlanta Motor Speedway ended with a blown tire and a 41st-place finish.

Now the three-time NASCAR champion has to win at Richmond or he won't be eligible to race this season for a fourth title. **THE ASSOCIATED PRESS**

**Team effort**

## Four Phillies pitchers combine to no-hit Braves

Cole Hamels and three Philadelphia Phillies relievers combined to pitch a no-hitter Monday, beating the Atlanta Braves 7-0 and giving a last-place team a rare reason to celebrate.

Hamels (8-6) was pulled after six innings and seemed fine with the decision. He struck out seven, walked five, hit a batter and threw 108 pitches on a hot afternoon at Turner Field.

Relievers Jake Diekmann, Ken Giles and closer Jonathan Papelbon each pitched a hitless inning to finish off the fourth no-hitter in the majors this season. **THE ASSOCIATED PRESS**

**'New direction'**

## Astros jettison manager Porter

The Houston Astros fired manager Bo Porter on Monday, saying the dismissal had less to do with the team's 59-79 record than the need for "new direction" and a "united message throughout the entire organization."

Porter was in his second season with the Astros and was succeeded by interim manager Tom Lawless, who worked in Houston's minor-league system. Lawless' first game in charge is Tuesday night at home against the first-place Los Angeles Angels. **THE ASSOCIATED PRESS**



Eugenie Bouchard returns a shot against Ekaterina Makarova during their fourth-round U.S. Open match on Monday in New York. Makarova won the match 7-6 (2), 6-4. STAN HONDA/AFP/GETTY IMAGES

# Heat wave crashes down on Bouchard

## U.S. Open. Canuck struggles with the sweltering conditions, loses to Makarova

Eugenie Bouchard says she will be fine and is looking forward to playing tournaments in Asia later this year.

But her U.S. Open is over, lost to the heat and the heavy workload as her bid to reach at least the semifinals of a fourth Grand Slam event this year fell short.

The Westmount, Que., native needed a medical timeout to treat dizziness and exhaustion in the second set

of her 7-6 (2), 6-4 loss to left-hander Ekaterina Makarova in a fourth-round match played in sweltering heat on Monday.

It was a scary moment, but she got up and finished the match.

"I was feeling very light-headed and dizzy on the court; you know, just seeing things a little blurry," the 20-year-old said. "They think the heat got to me a little bit."

"And they know I probably was more tired than usual from the past few matches."

Doctors kept her from doing her post-match interview for more than two hours as they helped her to recuperate. She said playing the

**Playing under the lights**

Thornhill, Ont.'s Milos Raonic, the men's fifth seed, took on 10th-seeded Kei Nishikori on Sunday night. For the result, go to [metronews.ca](http://metronews.ca).



two three-set matches late at night in the previous two rounds also played a part.

"I think I did well to push myself through those matches but I also need to have the endurance," she said. "I haven't had that in the past few months, basically."

"So it's not a huge surprise

to me. It's disappointing, but I know there's no reason to worry. Once I do a lot of good training, I can compete at this level for two whole weeks, hopefully."

Despite the U.S. Open setback, her 19 wins are the most by any WTA player at Grand Slams this year.

Makarova said she also felt the heat but offered that it may have hit Bouchard harder because she runs more and plays a more physical game.

"Actually I thought 'thanks' because I was also tired and it really helped me also," Makarova said of the timeout. "I had time to recover and use ice bags, too."

**THE CANADIAN PRESS**



Andy Murray serves against Jo-Wilfried Tsonga on Monday in New York. **THE ASSOCIATED PRESS**

## Murray well past first-round cramps

An hour and a half into his stay at the U.S. Open, Andy Murray had to wonder whether it would end quickly.

A week later, the same guy who hobbled through head-to-toe cramps in his first-round match looked strong on a day that was even more hot and humid — and now he's in the quarter-finals. The eighth-seeded Murray beat No. 9-seeded Jo-Wilfried Tsonga 7-5, 7-5, 6-4 in two hours

and 35 minutes on Monday. "I don't feel like I'm that far away from playing my best tennis," Murray said.

He hasn't reached a tournament final since back surgery late last year. Coming into the U.S. Open, Murray felt he was playing well but lamented that he was struggling to close out matches.

In a tight one against a tough opponent Monday, Murray won enough crucial

points to pull out the victory in straight sets.

Tsonga had three break points to go up 3-0 in the third, but Murray fought them off to swing the momentum. He promptly broke in the next game to get the set back on serve, and then closed out the match with another break.

Murray next faces No. 1 Novak Djokovic.

**THE ASSOCIATED PRESS**



# Chris Kirk nears Ryder Cup berth

## Deutsche Bank.

Third win also the biggest in his career

Chris Kirk made three big putts and captured the biggest win of his career Monday in the Deutsche Bank Championship. Whether that was enough for U.S. captain Tom Watson to add him to the Ryder Cup team was the least of his concerns.

Kirk won for the second time this season. He went the last 37 holes at the TPC Boston without a bogey. He played the final two rounds with Rory McIlroy and outplayed the No. 1 player in the world. And he closed with a 5-under 66 for a two-shot victory in a FedEx Cup playoff event.

Was it enough to convince Watson that he was worthy of a captain's pick?

### The rest of the pack

Billy Horschel tied for second with 54-hole leader Russell Henley (70) and Geoff Ogilvy, who extended his unlikely run through these FedEx Cup Playoffs. Ogilvy was the last of the 100 qualifiers for the Deutsche Bank Championship. He went 65-65 on the weekend without a bogey. The top 70 in the FedEx Cup advance to the BMW Championship in Denver later this week.

"I certainly don't feel entitled, or feel like I'm a shooin to get a pick," Kirk said. "I've obviously really put myself into consideration, and it's something that I would love to do. But like I've said before, the nine guys that made it are automatic. Those are the guys on the team. The

other three? If you get in, it's a bonus."

Then he looked at the blue trophy next to him and considered what he had just achieved.

"Winning the Deutsche Bank and going to No. 1 in the FedEx Cup, and \$1.4 million, that's plenty for me for one day," he said with a smile.

Watson announces his selections Tuesday evening in New York.

Kirk won for the third time in his career, though never against a field this strong, and never with this much riding on it.

He was No. 14 in the Ryder Cup standings, five spots away from being an automatic qualifier. This victory could go a long way toward Watson using one of his three selections on the 29-year-old from Georgia. Last week, Hunter Mahan bolstered his Ryder case by winning The Barclays. **THE ASSOCIATED PRESS**



Chris Kirk kisses the winner's trophy after winning the Deutsche Bank Championship — the second tournament of the FedEx Cup Playoffs — on Monday at TPC Boston in Norton, Mass. ROSS KINNAIRD/GETTY IMAGES

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### AUCTION

## AUCTION

In accordance with the Warehouseman's Lien Act, there will be sold by public auction the abandoned properties stored at Storage Inn Self Storage, 3490 Prescott St., Halifax, N.S.

The auction will take place on

**Wednesday, Sept. 3, 2014**

starting at 10:30 am at 3490 Prescott Street, Halifax, N.S. and at subsequent sales until sold. The personal effects and belongings of the following tenants will be sold:

**Anthony Marsh Unit #1015**  
**Meaghan Hutchinson Unit #2052**  
**Tony Tracy Unit #2064**

Items to be auctioned include misc. household goods, furniture, tools etc.

**Give it to a friend at no extra cost.**

metro

## Patriots. Gronkowski to start against Dolphins

Star tight end Rob Gronkowski stood in front of his Gillette Stadium locker Monday and announced he will be playing in the New England Patriots' opener at Miami this Sunday.

Meanwhile, the news hardly caught the Dolphins by surprise.

"I'm super-excited," said Gronkowski, who didn't play in any of the four pre-season games as he completed his recovery from December right-knee surgery. "I won't have to see my teammates grind all week — (I'll) go back out there with them, get in the huddle, break the huddle with them."

"It's going to be an honour to be back out there with my teammates. Super-pumped, super-excited and just preparing for the game."

The pronouncement came as a bit of a surprise in a locker-room not known for players "breaking news."

"Yeah, yeah, I'm just getting it out of the way there," Gronkowski said. "Every single day this week (he would have been asked about returning) — get it out of the way now."



Peter Gronkowski GETTY IMAGES

"It just feels good in my mind to know that I'll be out there with my boys, working hard, grinding with them, being out there."

The Patriots are 6-0 all-time when Gronkowski plays against the Dolphins, but Miami has kept him in some check of late. Gronkowski's last two games against Miami resulted in a total of only four catches.

Dolphins' coach Joe Philbin said his team was "fully prepared" for a Gronkowski sighting.

**THE ASSOCIATED PRESS**

### The league's best

## Stampeders alone in first place after beating Eskimos

The Calgary Stampeders took over first place in the CFL standings with a 28-13 win over the Edmonton Eskimos in Monday's Labour Day game.

Stampeders quarterback Bo Levi Mitchell improved to 11-1 in CFL starts, while running back Jon Cornish rushed for 163 yards, including a two-yard TD in the fourth. **THE CANADIAN PRESS**

### QB returns a winner

## Ticats christen new digs in style

Zach Collaros had a TD pass against his former team to earn the Tiger-Cats a 13-12 win over the Toronto Argonauts in the first-ever game at Tim Hortons Field in Hamilton on Monday.

Collaros appeared in his first game since suffering a concussion July 4 against Edmonton. He also made his first career start against Toronto, where he had spent the past two seasons prior to signing with Hamilton this off-season as a free agent. **THE CANADIAN PRESS**



## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

This is a great day for getting things done but be quick because the rest of the week will be taken up by relationship issues that eat into your time.

#### ♉ Taurus

**April 21 - May 21**

Money matters will go very well indeed today as will anything to do with your working routine. It seems that Lady Luck is very much on your side right now. Make good use of her.

#### ♊ Gemini

**May 22 - June 21**

Even a Gemini needs help sometimes and you will need it over the next 24 hours. With Mercury moving into the most sociable area of your chart, you'll get the help you require.

#### ♋ Cancer

**June 22 - July 23**

Don't be tempted to take on too much work today. If you do your standards may have to be lowered. No matter how much others offer you to do more, resist the temptation.

#### ♌ Leo

**July 24 - Aug. 23**

Start aiming higher. So many times in the past you've had chances to do something special but failed to get started. It may be now or never.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

If you feel the need to reorder your home life, do so. But don't go making changes that cost a lot of money. There is a lot you can do for free. Be creative.

#### ♎ Libra

**Sept. 24 - Oct. 23**

Mercury, planet of the mind, moves into your birth sign today, so you'll know what needs to be done. It doesn't mean you have to do it instantly.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

There is a danger that in your enthusiasm to show what you can do you will take on too many tasks and spread yourself too thin. Focus on the one thing you are naturally good at today.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

Doors that have been closed to you in the past will open over the next few days. People who were reluctant to assist you before will now be falling over themselves to help you out.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

If a loved one is in trouble today you will ride to their rescue, no questions asked. Be generous with your time and sympathy but be careful with your money.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

Get out and extend your range of contacts. You may be an individualist by nature but there is only so much progress you can make on your own.

#### ♓ Pisces

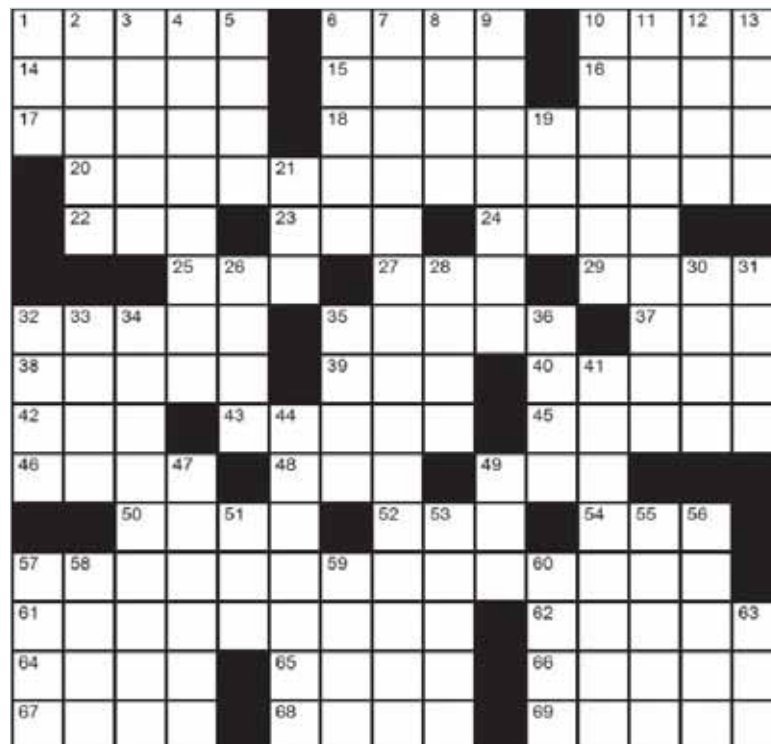
**Feb. 20 - March 20**

Lately you seem to be missing the essential ingredient of luck that every successful person needs. Don't worry: what happens over the next few days will be very much to your benefit.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Sorceress daughter of Helios
6. Daytime breaks
10. Dutch for 'city'
14. Stevie Wonder's "My Cherie \_\_\_"
15. Butter look-alike
16. Fish type
17. Type of bean
18. Cowboy attraction in Alberta: \_\_\_
20. Store's stock in September: 2 wds.
22. Bawl
23. Twi' \_\_\_ (Humanoid species in the 'Star Wars' universe)
24. British WWII submachine gun
25. Summer: French
27. Dye type
29. Mil. units
32. Hooded snake
35. Put \_\_\_ to (Finish)
37. Soup sort
38. Comedian/actress Ms. Butler
39. ABC show, to fans
40. Arctic \_\_\_
42. Org. on "Homesland"
43. The \_\_\_ (Customer's diner request)
45. Tenet
46. Ignore
48. Canada-to-England crossing, briefly
49. Ottawa insider, briefly
50. \_ \_ \_ (Cancel with



a cross)

52. Dined
54. Philosopher, \_\_\_-tzu
57. Pencil case items, perhaps: 2 wds.
61. Mount of Muses
62. Titles in Turkey [var. sp]
64. Mr. Johnson

65. Destiny

66. Dripping
67. Fermented soy-bean paste
68. River of Flanders
69. Shakira album: 'Donde \_\_\_ los Ladrones?'

Down

1. Toothpaste tube's

twister

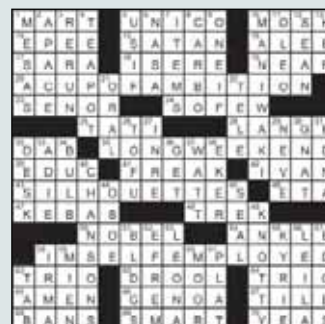
2. Janet Jackson hit bit: "\_\_\_ you much..."
3. Gadgets brand on retro TV
4. Marilla \_\_\_ (Colleen Dewhurst role)
5. Slangy suffix to 'Stink'
6. Aristocratic

7. Dog atop the

- Yukon's coat of arms: 2 wds.
8. Brazil neighbour
9. Time to eat!: 2 wds.
10. Less freshly-baked
11. Guitar's one-of-six: 2 wds.
12. 'Perform' suffix
13. Morse Code bits

19. Acct.
21. Grand Opry link
26. Russian p.o.p. d.u.o.
28. Enthusiasm
30. Stampede or Blue Jays
31. Mens \_\_\_ in corpore sano (Healthy mind/body)
32. Belonging to a Canuck TV network
33. Wholly Part link: 2 wds.
34. Musee des \_\_\_ de Montreal
35. Have \_\_\_ feeling (Sense)
36. Mauritius bird, once
41. Toronto's George Brown, and others
44. Fulfill
47. Malay Archipelago island
49. Apiece
51. "Pull \_\_\_ chair!" (Relax!)
53. Shock weapon
55. Buddhist who has attained Nirvana
56. Japan's city of canals
57. Cyber-cluttering communication
58. Mata \_\_\_
59. Hockey great Mr. Tikkonen, and others
60. Baby \_\_\_ (Trendy salad ingredient)
63. Equivalent word [abbr.]

### Friday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



### Sudoku

#### How to play

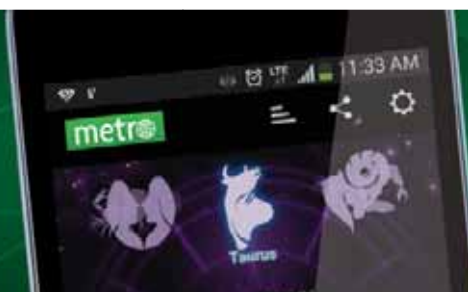
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



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